

Pear Jello

PREP TIME: 3-5 MINS
CHILL TIME: 2-3 HOURS

YIELDS: 2 CUPS

Ingredients

- 2 cups 100% pear juice
- 2 tablespoons unflavored gelatin

Recipe Benefits

- Hydrating
- Promotes Gut Health
- Low sodium

Qualities

Texture: Chewy/Gelatinous
Rating for Scent : 1/10
Spice Level: 0/10



Nutrition Content for 1 Cup

Calories: 138kcal	Carbohydrates: 29.6g
Fat: 0.3g	Fiber: 0.3g
Protein: 6.7g	Added sugar: 0g
	Sodium: 25mg

Directions:

1. Warm half of the pear juice in the microwave or on the stove until warm but not boiling.
2. Pour the other half of the pear juice in a bowl, then sprinkle evenly with the gelatin.
3. Let the gelatin sit in the juice to soften while waiting for the other half to warm.
4. Stir the warmed juice into the bowl until the gelatin is fully dissolved.
5. Pour the mixture into small cups or into a dish.
6. Refrigerate until set (2–3 hours).

Chef's Tips:

- If a softer texture is desired, use 1½ tablespoons gelatin instead of 2 tablespoons. If a firmer texture is desired (like for gummies), use 2½ tablespoons gelatin.
- For extra constipation support, stir in 1–2 tablespoons prune juice, or substitute the pear juice with prune juice.

