



175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Airy Gelatin Foam

Makes 5 servings

Ingredients

- 1-1/2 cups water
- 1 (6 ounce) package fruit flavored gelatin mix (any favorite flavor)
- 1 can evaporated milk (very chilled)
- 1 cup fresh berries of choice for garnish

Nutritional info per serving

Calories:	214
Total fat:	3.9g
Cholesterol:	14.6mg
Sodium:	222mg
Total Carbohydrates:	40g
Dietary Fiber:	.7g
Protein:	6.3g

Directions

1. Bring water to a boil in a small saucepan.
2. Stir in gelatin until completely dissolved, then place into refrigerator until cool but still fully liquid.
3. Pour evaporated milk into a large bowl, and whip with a hand mixer until very fluffy and doubled in volume.
4. While continuing to beat, slowly pour in cooled gelatin, mixing thoroughly.
5. Pour the mixture into a bowl or individual serving dishes, chill several hours till firmly set and serve cold with fresh berries.
6. Do not make too far in advance of serving as the gelatin foam will separate and become watery.