

Jenny's Anti-Aging Jelly

There are several juices with enormous health benefits like blueberry, pomegranate, acai berry, even cranberry. Now you can have them for dessert. Look for juice with the least amount of added sugar – I usually find them at the health food store. I love this jelly with a dollop of vanilla frozen yogurt. Btw, pomegranate juice has more polyphenols than red wine or green tea.

1 Tablespoon unflavored gelatin (one envelope)
2 cups juice

1. In a medium bowl sprinkle gelatin over 1/2 cup cold juice and let stand for 5 minutes.
2. Heat remaining 1 1/2 cups of juice to just below boiling and add to the bowl, stirring until dissolved.
3. Pour into dessert glasses and chill for 3 hours.

*makes 4 servings