

FruitiVits Jelly



- **Preparation time:** 10 minutes
- **Chilling time:** 6 - 12 hours or until set
- **Recipe makes** 1 portion

Ingredients	Quantity	Your recipe
Sugar free jelly crystals e.g. Hartley's (any flavour)	2.3g (1/8 of a sachet)	
Boiling water	50ml	
Cold water	50ml	
FruitiVits®	6g (1 sachet)	



Enhancing Lives Together



FruitiVits Jelly

Method:

1. Pour 50ml boiling water into a jug or bowl.
2. Stir in the jelly crystals until dissolved.
3. Add 50ml of cold water and stir.
4. Pour **FruitiVits** into the jelly mixture and stir until dissolved.
5. Pour the **FruitiVits** jelly mixture into the mould.
6. Cover and allow to cool before placing in the fridge to set.



- Orange flavour jelly works best with **FruitiVits**!



FruitiVits is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.