

Pineapple Jello

Ingredients (6 servings)

- 28 g of gelatin or 4 packets
- 1/2 cup of water
- 2 cups of canned pineapple
- 1 can of condensed milk
- 1 cup skim milk
- Optional: pieces of fruit



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Preparation (15 minutes - refrigerate for at least 2 hours)

1. In a bowl, add 1/2 cup of water with the gelatin
2. Mix well until just incorporated
3. Blend the canned pineapple and the condensed milk
4. Add skim milk
5. Blend well and add the gelatin
6. Put in a mold and refrigerate for 2 hours or until firm

The pineapple is native to the American continent. Pineapple can help improve digestion, which is why it is a good dessert.



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