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Healthy Homemade Jello

Prep time: 130 min. **Cook time:** 0

Serving size: about 1/2 cup

Recipe yields 4 servings

Ingredients

11 oz. (about 1-1/2 cups) coconut water

1 tbsp gelatin

1 tbsp honey (optional for added sweetness)

2 scoops Bodybuilding.com Signature BCAA in Cherry Limeade or Blue Raspberry (or flavor of choice)

Instructions

1. Heat coconut water in a medium saucepan on medium-low heat.
2. Sprinkle gelatin powder over water and stir to dissolve as you bring to a simmer.
3. Once gelatin is completely dissolved, turn off heat and add honey if using. Add BCAAs and stir until dissolved.
4. Pour mixture into an 8x8 square baking dish and refrigerate until jello is set, about 2 hours.

