

# Basic Fresh Fruit Gel

**Prep:** 15 minutes ~ **Cooking:** 5 minutes ~ **Yield:** 8 to 10 servings

## Ingredients & Directions

- 2 tablespoons unflavored gelatin
- 1 cup cool or cold filtered water **or** fruit juice for a sweeter taste
- 3 cups apple juice **or** apple-apricot, apple-berry, or cherry juice, divided
- 1 slightly rounded tablespoon arrowroot dissolved in 1/2 cup reserved juice
- 2 cups of fresh fruit (1 fruit or combination of 2 to 3 varieties):
  - blueberries, raspberries, mulberries, pitted sweet cherries, sliced strawberries, melon balls, seedless red or green grapes, pitted, peeled, and sliced apricots, peaches, or nectarines
- 1 teaspoon nonalcoholic vanilla extract, optional
- 1 teaspoon finely grated lemon, lime, or orange, zest (colored part only), optional
- 1/2 cup coarsely chopped Toasted Nuts (Page 406), optional

1. Sprinkle gelatin over 1 cup cool or cold filtered water or juice and set aside.
2. Heat 2 1/2 cups juice in saucepan over medium heat. Dissolve arrowroot in 1/2 cup reserved juice, add to pan, bring to a low boil, stir until arrowroot thickens and turns clear, about 3 minutes, and remove from heat.
3. Add hot juice to gelatin mixture and stir to dissolve. Add vanilla and citrus zest if desired.
4. Arrange raw fruit in an oblong pan or large bowl or divide between 8 small bowls or goblets. Pour hot juice over fruit and cool for 30 minutes, then refrigerate until set, about 4 hours.

Alternatively, pour hot juice into an oblong pan or bowl and chill until the consistency of unbeaten egg whites. Stir in fresh fruit and turn into a 4-cup mold and chill until firm.

5. Garnish with nuts if desired and serve. Refrigerate leftovers and use within 5 days.

### Nutrition

#### 1 serving (blueberry-apricot):

110 calories  
3 g protein  
25 g carbohydrate  
(2 g fiber)  
1 g fat  
15 mg calcium  
5 mg sodium

If you love, or once loved, the jiggly texture of Jell-O, you'll like this refreshing remake of a 1970s classic.

Unlike packaged products and the stuff sold in cafeterias, this is made from 100 percent real fruit and fruit juice. It's easy to make, fun to eat, and you can vary it almost endlessly.

Use bulk beef gelatin from a natural foods store or Knox unflavored gelatin.

**Note:** The enzymes in pineapple, papaya, and kiwi may prevent the gelatin from setting unless you cook these fruits first and add them with the juice in step 1.

**FYI:** The basic rule of thumb is 1 tablespoon unflavored gelatin for every 2 cups liquid. If you add fruit you need to use slightly more gelatin, or add arrowroot to make the mixture set up. If you inadvertently make your gel too firm, cube and purée it in a food processor or blender, pour into bowls, and chill for a fluffy mousse-like texture.