

Individual Fruit Cup Dessert

Ingredients

15 oz of fruit cocktail

3 oz of sugar free gelatin

1 cup boiling water

1 cup cold water

1tbsp fat free vanilla yogurt

Put fruit cocktail into 4 bowls.

Pour boiling water into mixing bowl.

Sprinkle gelatin into bowl.

Stir for 2 minutes.

Add cold water.

Pour gelatin into bowls.

Refrigerate 1 ½ to 2 hours.

Top with fat-free vanilla yogurt.

Enjoy!