

Gelatin Fruit Purée Recipe

Recipe taken from [The Kid-Friendly ADHD & Autism Cookbook](#)

INGREDIENTS:

- 1 envelope (equals 1 tablespoon) gelatin
- ½ cup of hot juice (apple, pear, white grape, or grape)
- 1 cup of grapefruit puréed

PREPARATION:

In a medium bowl, dissolve gelatin in hot juice, stirring continuously. Add purée and stir in with a rubber spatula. Pour mixture into an 8-inch square or round shallow glass dish. Chill in the refrigerator until firm (about 2 hours).

NOTES FROM THE COOK:

Snack