



Jello Trifle

Ingredients:

Your favorite Sugar Free Jello Flavor
Lite Silken Tofu

Directions:

- Mix the Jello according to the directions
- Once the Jello is SET and CHILLED, you can then begin adding in the Lite Silken Tofu. I start off with a small amount of tofu (say 1/5 of the container) and add until I like the texture. It changes upon my mood.

I find that this is a Mix and Eat desert. If you let it set too long it will begin to separate. I have tried this with all flavors of SF Jello all are delightful. Play with this and find YOUR favorites.

~Nadine