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Canada Day Jell-O

Ingredients:

- 1 package sugar-free Cherry Jell-O powder
- 1 scoop cherry or strawberry flavored protein powder
- 1 packaged whipped topping
- Skim milk (amount called for on the whipped topping package)
- 2 cups sliced strawberries

Directions:

1. Prepare Jell-O according to package.
2. Once the Jell-O powder is almost dissolved, add in the protein powder and continue stirring until it's dissolved.
3. Pour mixture into a 9 x 12 inch dish and place in the fridge to set.
4. As Jell-O sets, beat whipped topping with skim milk, according to package directions. If you want to boost protein content, add one scoop of vanilla protein powder and a package of Stevia for added sweetness.
5. Top set Jell-O with whipped topping and decorate with sliced strawberries to form the Canadian flag.
6. Keep chilled until serving.