

Jello Fluff

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Makes 4 servings, 0 points for 1 serving. 1 point for the entire bowl.

- 1 box sugar free gelatin (your flavor of choice)
- 200 grams FF Greek yogurt ((just shy of 1 cup))

1. Place gelatin powder in a bowl. Mix in 1/2 cup of boiling water. Stir until gelatin is dissolved
2. Add 1/2 cup cold water. Refrigerate for 30 minutes.
3. Add Greek yogurt. Whisk until totally blended.
4. Refrigerate until set, about 2 hours.