



This refreshing, nutrient-dense treat is especially good chilled straight from the fridge. It makes a great light snack before or after a workout, offering a nice balance of carbohydrates and protein. Thanks to the gelatin, it even contains more protein than a single egg. For a more indulgent version, add a dollop of coconut cream or rich unsweetened yogurt.

INGREDIENTS

- 16 oz (1 pint) Fresh strawberries, washed and hulled
- ½ Lemon, juiced
- 2 Tbsp Maple syrup
- ⅓ cup Water
- 1 oz packet gelatin

INSTRUCTIONS

1. Add the strawberries, lemon juice, maple syrup, and water to a blender. Blend until smooth.
2. Pour about ¼ cup of the mixture into a small bowl and stir in the gelatin. Let it sit for about 5 minutes to soften—it will look like thick, grainy applesauce.
3. While the gelatin thickens, pour the remaining mixture into a small saucepan and bring to a gentle simmer over low to medium heat. Do not boil the gelatin directly, as this can reduce its setting power.
4. Stir in the gelatin mixture and whisk until fully dissolved and smooth.
5. Carefully divide into small glass containers. Let cool slightly before covering, then refrigerate for at least 2 hours or overnight until set.

Tip: Store in the refrigerator for up to 5 days. If you don't have lemon, lime works well too.

Nutrition (Based on 2000kcal)

88kcal/serving | **Macros:** Net Carbs 13.5 g, Protein 6.8 g, Fat 0.3 g (0.00 g saturated)

Good source (10-19% DV): Fiber, B2 (riboflavin).

Excellent source (>20% DV): Vitamin C, Copper, Manganese.