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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

IDEAL PROTEIN RECIPE OF THE WEEK:

PINK LEMONADE JIGGLE JELLY (IP Lemonade): Here is another refreshing winner from RainbowSmiles (Susan G).

INGREDIENTS

- 1 package IP Pink Lemonade
- 1 package Knox Gelatin
- 1/2 c cold water
- 1/2 c HOT water
- Walden Farms Marshmallow Fluff (Optional)

INSTRUCTIONS:

1. Mix IP Pink Lemonade with 1/2 cup COLD water until well blended.
2. Add 1 packet of Knox Gelatin and stir well
3. Then add 1/2 cup HOT water and stir until dissolved.
4. Chill for 30-45 mins until ready set
5. Top with Walden Farms Marshmallow Fluff!! Enjoy!!

