

Fruit Wigglers

These fruit wigglers are a nice light snack to enjoy right after vigorous play or exercise.

Prep time: 5 minutes plus 3½ hours to set

Ingredients:

- 4 sm. boxes or 2 lg. boxes flavored gelatin of your choice
- 2 1/2 c. boiling water
- Blueberries or other fruit of your choice cut into ¼ inch pieces
- 9 x 13 inch pan
- Cookie cutters of your choice

1. Stir boiling water into gelatin.
2. Dissolve completely. No small beads of gelatin should remain. Stir slowly to prevent bubbles. Do not add cold water.
3. Pour mixture into pan slowly.
4. Put the pan into the refrigerator to chill for ½ hour.
5. Add fruit pieces then return pan to the refrigerator.
6. After 3 hours, dip bottom of pan in warm water for 15 seconds.
7. Cut into shapes with cutters. Lift the new wigglers from pan. If wigglers stick, dip pan in warm water again.
8. Put wigglers onto a separate plate and return to refrigerator to set. (15 minutes)
9. Pass out the Fruit Wigglers and enjoy!