

# Dragon Fruit Jelly

SERVING: 32 JELLIES



## INGREDIENTS:

- 140 g presweetened Konnyaku jelly powder
- 1 dragon fruit
- 3 tbsp lemon juice
- 500 ml water
- 2 level scoops

**NUTRILITE Protein Drink Mix (Mixed Berries Flavor)**



## PREPARATION METHOD:

- 1 Mash the dragon fruit flesh or whiz it in a blender using a little water. Set aside.
- 2 In a pot, add water and bring to a boil. Add Konnyaku jelly powder. Stir until the powder is fully dissolved. Off the flame.
- 3 Add the dragon fruit puree and lemon juice.
- 4 In a small bowl, mix the **NUTRILITE Protein Drink Mix (Mixed Berries Flavor)** with a little water until the powder is dissolved. Pour into the jelly solution.
- 5 Pour the jelly solution prepared in step 4 to fill each mould. Let the jelly cool down to room temperature.
- 6 Transfer to chill in fridge until the jelly is set.
- 7 Remove jelly from mould and enjoy!

RECOMMENDED  
FOR

**BEAUTY  
GROUP**

Nutrition fact per serving					
Calories	Carbohydrate	Protein	Fat	Vitamin C	Calcium
22.7 kcal	4.9 g	0.8 g	0.1 g	2.2 mg	9.3 mg



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