



## Recipe

### Raspberry Nut Gel

<b>Ingredients</b>	<b>Amount</b>	<b>Notes</b>
Pineapple Juice	1 cup	Generally, 1 tsp. of agar agar powder gels 2 cups of liquid.
Cherry Juice Concentrate	¼ cup	
Agave Nectar	¼ cup	Additions of fruits & nuts Must be made with hot gel.
Agar agar	1 tsp.	
Banana, large ripe	1	
Pineapple Tidbits in Juice	14 oz. can	
Almonds, sliced	¼ cup	
Raspberries, frozen	10 oz	

#### **Kitchen Tools**

Blender  
Saucepan  
9 x 12 Glass Dish  
Measuring cups & spoons

#### **Instructions**

Mix first four ingredients in a saucepan. Bring to a boil. Reduce heat and boil one minute. Remove from heat. Peel and break banana into pieces and drop into blender. Pour Hot gel over the banana and blend, starting on slow. Hold the lid on tight with a hot pad so as not to be burned. Blend smooth. Place nuts and **half** of the drained Pineapple in a medium size bowl. Break frozen raspberries over the top. Pour the hot gel over fruits & nuts. Stir to mix. Spoon gel mixture into a 9 x 12 inch glass dish. Refrigerate until firm.

- 1. REPEAT THIS RECIPE AFTER ONE HOUR USING OTHER HALF OF PINEAPPLE TIDBITS.**
- 2. SPREAD SMALL SIZE TOFUTTI SOUR CREME OVER FIRST LAYER THAT HAS GELLED.**
- 3. SPOON SECOND RECIPE OVER SOUR CREME AND CHILL AT LEAST TWO**

#### **Nutritional Information**

Serves 24

