

Sleepy-Time Jello

I love this simple treat both in summer-time and winter. This is how I remember my childhood and the natural sweets and treats my mom made for me. I am trying to implement this tradition with my child, but, as of now she is only eating dark chocolate, cookies occasionally, and ice cream. I do minimize her exposure to cookies and ice cream to once every couple of weeks, because I strongly believe that teeth health and the appearance of cavities are connected to the child's/adult's diet. If you live in the U.S. and your teeth are not in the best shape, you, probably, know how expensive, stressful, and traumatic it is to have issues with the mouth and teeth. Dr. Weston A. Price did an amazing research and if you have a chance, look into it to see how feeding yourself and your child differently from the Standard American Diet will pay off both financially and emotionally.

So, after I diverted for a minute, I should say I suggest eating this dessert at the end of your dinner as cherries promote healthy melatonin production and help you sleep better. Definitely, try eating cherries frozen or fresh if you are having trouble falling asleep.



Ingredients:

- 3 cups cherry juice cold
- 1 cup hot water
- 2 tablespoon grass-fed gelatin (3 tablespoons for harder jello that you could cut into pieces)
- 1/2 frozen cherries
- 1/2 fresh berries you like (I used blackberries)



Directions:

1. Pour 1 cup cold cherry juice and sprinkle gelatin slowly while whisking it into the juice.
2. The key is to whisk well to prevent the formation of lumps.
3. Add the 1 cup of hot water and stir to mix well.
4. Pour the rest of the cherry juice and thawed (or frozen) cherries. I try not to heat cherry juice to preserve the nutrients.
5. Place fresh fruit in a layer on the bottom of the pretty

dishes you are using. I love using my mom's crystal, because it makes it look fancier and I believe it tastes yummiier too ☐

6. Pour the jello mixture over the fruit and stir slightly to make sure it has coated the fruit.
7. Place in the refrigerator for at least 2-3 hours or overnight.

What are your favorite jello flavors? Do you like your jello softer or harder?

And what were your favorite treats when you were little?