




beauty foods™

Chocolate-Coffee Gelatin


These tasty chocolate infused gelatin squares melt in your mouth.

Product Used In This Recipe:
[Chocolate Bliss Beauty Blend](#)



20 min* 

4 servings 

110 cals 

Ingredients:

Ingredients for Chocolate Layer

1c + 3 tblsp Reduced Fat Coconut Milk
 1 packet Chocolate Bliss
 1 packet Vanilla Dream
 1 tblsp+1 tsp Unflavored Gelatin Powder
 ½ tsp Stevia

Ingredients for Coffee Layer

1c + 3 tblsp Reduced Fat Coconut Milk
 2 Tblsp Instant Decaf Coffee Powder
 1 tblsp+1 tsp Unflavored Gelatin Powder
 1 tsp Stevia

Directions:

Part 1 : Prepare the chocolate layer

Add the Chocolate Bliss and Vanilla Dream to 3 tblsp of coconut milk, and stir well until no lumps. Set aside. In a pot, add the gelatin powder and sugar to the remaining 1 c coconut milk. Boil this mixture at medium heat until the gelatin powder is completely dissolved. Stir in Chocolate Bliss/Vanilla Dream/milk mixture. Boil the mixture for a minute before turning off the heat. Pour the chocolate gelatin into a square stainless steel container. Allow to cool and hardened.

Part 2 : Prepare the coffee layer

Add the coffee to 3 tblsp of coconut milk, and stir well. Set aside. In a pot, add the gelatin powder and sugar to the remaining 1c coconut milk. Boil this mixture at medium heat until the gelatin powder is completely dissolved. Stir in coffee milk mixture and boil for a minute before turning off the heat. Using the tip of a fork, scratch the surface of the cooled and hardened chocolate layer lightly. Pour the liquid coffee gelatin over the chocolate layer, gently and slowly, so that it flows smoothly and evenly over the top of the chocolate layer. Allow to chill in the refrigerator. Cut into cubes and serve in milk, cold Nightly Beauty, or chilled coffee.

****Substitute Chocolate Chai or Vanilla Dream for Chocolate Bliss in the chocolate layer for a change in flavor.

*20 min Cook/Preparation Time; 2 hr Cool time

Nutrition Facts:

Calories 110, calories from fat 5, cholesterol 0mg, sodium 3mg, sugar 7.5g, protein 4.8g