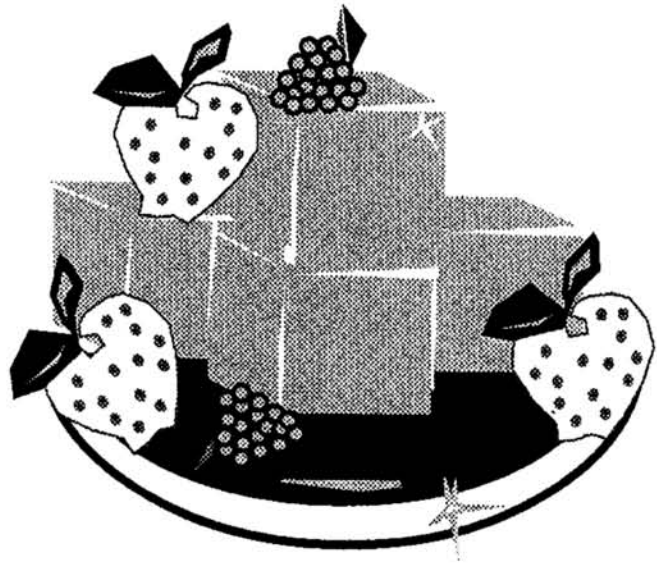


# Kids' Kubes



- 1 envelope unflavored gelatin
- 3/4 cup cranberry or orange juice
- 5 oz. (1/2 pkg.) silken tofu
- 1 cup nonfat vanilla yogurt
- 1/4 teaspoon vanilla
- 2 Tbsp. honey
- Red food coloring (optional)
- 1/2 cup finely chopped strawberries  
(about 1 cup whole berries)
- Sliced fresh fruit (optional)

1. Sprinkle the gelatin over 1/2 cup of the cranberry juice in a small saucepan. Cook over medium heat, stirring, until gelatin dissolves (about 2 to 3 minutes). Transfer to a medium mixing bowl and add the remaining 1/4 cup juice.
2. Put the tofu, yogurt, vanilla and honey into a blender container and whirl until very smooth, stopping as needed to scrape down the sides. Pour the puréed tofu mixture into the gelatin mixture and stir everything together to blend well. If you would like more intense color, add a few drops of red food coloring. Cover and refrigerate until the mixture is the consistency of raw egg whites, about 1 hour.
3. Fold in the chopped strawberries. Pour the mixture into a 9-inch square pan and refrigerate until firm. To serve, cut the salad into 1-inch cubes. Serve the "kubes" on plates with sliced fruit on the side, to be arranged as the kids desire. (*Adults may prefer the salad in 3-inch squares topped with fruit.*)

**NOTE:** Use different combinations of fruits, juices, and flavored yogurts for variety. You may also add up to 1/2 cup of puréed fruit, such as bananas or peaches, to the blended tofu mixture.

Yield: 9 servings

Serving size: 9 cubes or 1 square

## Nutritional Analysis Per Serving:

Calories	66	Saturated Fat	0 g
Protein	3 g	Cholesterol	0.6 mg
Carbohydrates	13 g	Fiber	0.4 g
Total Fat	1 g	Sodium	23 mg