



## Rocky Road Fruit Gelatin Recipe

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Preparation Time	20
Cooking Time	180
Serving Size	8

### Ingredients:

- 1 1/4 Tbsp unflavored gelatin
- 1 Tbsp sugar, white
- 1 cup all-purpose cream
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve 1/2 cup syrup
- 2 Tbsp cashew nuts, unsalted, toasted and coarsely chopped
- 1/2 cup marshmallow, chocolate coated twisted, cut up into 1/2-inch thick

### Preparation:

1. Mix gelatin and reserved fruit cocktail syrup. Stir until well-blended. Heat until gelatin is dissolved. Remove from flame.
2. Stir in sugar, all-purpose cream, and DEL MONTE Fiesta Fruit Cocktail.
3. Pour into 7 x 7-inch pan. Top with peanuts. Cover and chill until set. Top with marshmallow pieces before serving.

### Chef's Tip

After mixing the reserved DEL MONTE Fiesta Fruit Cocktail syrup and the powdered gelatin, allow the mixture to sit a while for the gelatin to absorb the liquid and swell. This makes it easier to dissolve more evenly when heated.

### Lusog Notes

Did you know that nuts are a great source of dietary fiber that may help cleanse the body? This Rocky Road Fruit Gelatin dessert also contains protein needed by the body for growth and maintenance.

### Cooking Skills Needed

- Mixing