



Cameron's Fruit Cocktail Cups

- 1 (3 ounce) box strawberry gelatin
- 1 (15 ounce) can fruit cocktail, in juice
- 2 cups boiling water
- 2 cups cold water

Bring 2 cups of water to a boil, add gelatin and stir until completely dissolved. Add 2 cups of cold water to it. Divide gelatin among 4 serving bowls or glasses then add cocktail, evenly dividing among the 4 bowls or glasses filled with gelatin. Chill until firm then serve.

Servings Per Recipe: 4. Per serving: Calories 200; Fat 0g; Sodium 170 mg; Carbohydrate 49g; Fiber 1g; Sugar 49g; Protein 4g.



Lori's Perfect Bagel Pizzas

- 3 plain bagels
- 1 can pizza sauce
- 6 slices pepperoni
- 4 ounces mozzarella cheese, grated

Preheat broiler. Cut bagels in half and place on a baking sheet. Top each bagel with pizza sauce, making sure to cover all spots and then top with pepperoni and cheese. Place under broiler for 3 to 5 minutes or until cheese is

melted and slightly browned. Alternately, preheat oven to 400 degrees then bake for 8 to 10 minutes or until cheese melts.

Approximate servings per recipe: 6. Nutrition per serving: Calories 236; Fat 7g; Sodium 604 mg; Carbohydrate 32g; Fiber 1g; Sugars 3g; Protein 11g.