


THE BRACES-FRIENDLY COOKBOOK

Delicious orthodontist-approved recipes to fuel families everyday



PROVIDED BY


Appalachian
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Your Braces-Friendly Food Guide

Navigating a new braces-friendly diet can be challenging. We hope this simple guide will help you enjoy delicious meals while maintaining the integrity of your braces.

Don't Eat This	Eat This Instead
Hard or crunchy veggies like raw carrots, raw celery, or raw broccoli	Soft veggies like mashed potatoes, cooked spinach, cucumbers or steamed veggies like carrots, cauliflower, or broccoli
Hard or crunchy fruits like whole apples, unripe pears, coconut meat, or dried fruits	Tender fruits like bananas, berries, applesauce, oranges, grapes, avocados, or peaches
Sticky, gummy, chewy candies or anything with whole nuts like Snickers, lollipops, Jolly Ranchers, bubble gum, or Starbursts	Delicate candies like chocolate, mint patties, peanut butter cups, soft cookies or brownies, or ice cream
Hard chips or pretzels like tortilla chips, popcorn chips, kettle chips, whole grain chips, hard-baked chips, or pretzel sticks	Soft snacks like soft pretzels, cheese puffs, rice cakes, thin crackers, baked veggie chips/straws, or soft granola bars
Tough meats like steak, ribs, chicken wings, jerky, pork chops, or corn beef	Tender meats like ground meats, fish, tender chicken, slow cooked meats, soft tofu, eggs, beans, or legumes
Most nuts like almonds, brazil nuts, peanuts, pistachios, or walnuts	Spreadable, pliable nuts or grains like nut butters (peanut, almond), seeds & seed butters, cooked legumes, or soft grains
All the corn types like corn on the cob, popcorn, hard corn chips, or corn nuts	Soft preparations of corn like corn OFF the cob, creamed corn, cornbread, corn tortillas, soft corn chips, or puffed rice
Breads that are hard, crusty, contain large seeds or grains like baguettes, hard rolls, bagels, pizza crust, or sturdy breads	Pliable breads like white bread, wraps, tortillas, pita bread, biscuits, pancakes, crepes, naan, soft buns, or rolls

Our Go-To Smoothies

THE MAGIC IS IN THE MIX – FEEL FREE TO USE FROZEN FRUITS OR VEGGIES, AND SUBSTITUTE ICE FOR WATER FOR A COOLER, REFRESHING TWIST.



BERRY BLISS BLAST

1 cup mixed berries (strawberries, blueberries, raspberries), 1 ripe banana, 1 cup unsweetened almond milk, 1 tbsp chia seeds

SUNSHINE SPINACH SIPPER

1 cup spinach, 1 peeled orange, 1/2 a ripe banana, 1/2 cup unsweetened almond milk, a handful of ice cubes

GINGERY GREEN GODDESS

1 cup spinach or kale, 1/2 green apple, 1-inch fresh ginger, 1/2 cucumber, 1/2 lemon juice, 1 cup water

RAINBOW REFRESHER

1/2 cup strawberries, 1/2 cup mango, 1 ripe banana, 1/2 cup unsweetened Greek yogurt, 1 cup water

PINEAPPLE PARADISE PUNCH

1 cup pineapple, 1 ripe banana, 1/2 cup Greek yogurt, 1 cup coconut water

TROPICAL TANGO TWISTER

1/2 cup mango, 1/2 cup pineapple, 1/2 a ripe banana, 1/2 cup unsweetened almond milk, a handful of ice cubes

PEACHY KEEN QUEEN

1 cup fresh peaches, 1/2 ripe banana, 1/2 cup Greek yogurt, 1/2 cup unsweetened almond milk, 1 tbsp honey, handful of ice cubes

MELON MIXER

1 cup cantaloupe, 1/2 cup watermelon, 1/2 a ripe banana, 1 cup water, 1 tbsp chia seeds, a handful of ice cubes

ZESTY ZAPPER

1 peeled orange, 1/2 grapefruit, 1/2 lemon juice, 1/2 lime juice, 1 ripe banana, 1 cup water

Pinktastic Hummus

10 MIN COOKING TIME
16 SERVINGS (2 TBSP PER SERVING)
70 CALORIES PER SERVING



INGREDIENTS

- 1 MEDIUM BEET, ROASTED
- 1 CAN (15 OZ) CHICKPEAS, DRAINED
- 2 GARLIC CLOVES
- 2 TBSP TAHINI (ALLERGEN: SESAME; ALTERNATIVE: SUNFLOWER SEED BUTTER)
- JUICE OF 1 LEMON
- SALT AND PEPPER TO TASTE
- 2-3 TBSP OLIVE OIL

INSTRUCTIONS

BLEND ROASTED BEET, CHICKPEAS, GARLIC, TAHINI, AND LEMON JUICE IN A FOOD PROCESSOR.

SLOWLY ADD OLIVE OIL WHILE BLENDING TO REACH YOUR DESIRED CONSISTENCY.

SEASON WITH SALT AND PEPPER TO TASTE. CHILL BEFORE SERVING.

CLICK OR SCAN TO
DELIVER VIA INSTACART



Apple Butternut Bliss Soup

45 MIN COOKING TIME
6 SERVINGS
120 CALORIES PER SERVING



INGREDIENTS

- 1 MEDIUM BUTTERNUT SQUASH, PEELED AND CUBED
- 2 MEDIUM APPLES, PEELED AND SLICED
- 4 CUPS VEGETABLE BROTH (ALLERGEN: MAY CONTAIN CELERY; READ LABEL CAREFULLY)
- 1 TSP GROUND CINNAMON
- 1/2 TSP GROUND NUTMEG
- 1 TSP OLIVE OIL
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

IN A LARGE POT, BRING THE VEGETABLE BROTH TO A BOIL. ADD THE BUTTERNUT SQUASH AND APPLES.

REDUCE HEAT AND SIMMER UNTIL SOFT. BLEND UNTIL SMOOTH WITH AN IMMERSION BLENDER OR IN A STAND BLENDER.

ADD OLIVE OIL, CINNAMON, NUTMEG, SALT, AND PEPPER TO TASTE. SERVE WARM.

CLICK OR SCAN TO
DELIVER VIA INSTACART



Brie & Cranberry Bites

12 MIN COOKING TIME

5-6 SERVINGS

75 CALORIES PER BITE



INGREDIENTS

- 1 SHEET PUFF PASTRY, THAWED (ALLERGEN: WHEAT; ALTERNATIVE: GLUTEN-FREE PUFF PASTRY)
- 8 OZ BRIE CHEESE, CUT INTO SMALL PIECES (ALLERGEN: DAIRY; ALTERNATIVE: DAIRY-FREE SOFT CHEESE)
- 1 CUP CRANBERRY SAUCE

INSTRUCTIONS

PREHEAT OVEN TO 375°F (190°C) AND LIGHTLY GREASE A MINI MUFFIN PAN.
CUT PUFF PASTRY INTO SMALL SQUARES AND PLACE THEM IN THE MINI MUFFIN PAN.

PLACE A PIECE OF BRIE CHEESE IN THE CENTER OF EACH PUFF PASTRY SQUARE.
TOP WITH A SMALL SPOONFUL OF CRANBERRY SAUCE.

BAKE FOR 10-12 MINUTES OR UNTIL PUFF PASTRY IS GOLDEN BROWN.

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Lemon Ricotta Pancakes

30 MIN COOKING TIME
3-4 SERVINGS
200 CALORIES PER SERVING



INGREDIENTS

- 1 CUP ALL-PURPOSE FLOUR (CONTAINS GLUTEN; CAN SUB: GLUTEN-FREE FLOUR)
- 1 CUP RICOTTA CHEESE (CONTAINS DAIRY; CAN SUB: ALMOND RICOTTA)
- 2 EGGS (CONTAINS EGG; CAN SUB: FLAX EGGS)
- ZEST OF 1 LEMON
- 1 TSP BAKING POWDER
- 1/4 CUP SUGAR
- 1/2 CUP MILK (CONTAINS DAIRY; CAN SUB: ALMOND MILK)

INSTRUCTIONS

MIX 1 CUP FLOUR, 1 TBSP SUGAR, 1 TSP BAKING POWDER, 1/2 TSP BAKING SODA, AND A PINCH OF SALT.

IN ANOTHER BOWL, MIX 3/4 CUP RICOTTA, 2/3 CUP MILK, 2 EGGS, AND A 1/2 TSP LEMON ZEST.

COMBINE WET AND DRY MIXTURES. SCOOP BATTER ONTO A HOT NON-STICK PAN. COOK EACH SIDE UNTIL GOLDEN BROWN.

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DELIVER VIA INSTACART



Our Favorite Cottage Cheesy Eggs

10 MIN COOKING TIME
3-4 SERVINGS
200 CALORIES PER SERVING



INGREDIENTS

- 4 EGGS (CONTAINS EGG; CAN SUB: TOFU SCRAMBLE)
- 1/2 CUP COTTAGE CHEESE (CONTAINS DAIRY; CAN SUB: TOFU)
- SALT AND PEPPER TO TASTE
- OPTIONAL: HERBS FOR SEASONING

INSTRUCTIONS

IN A BOWL, BEAT 4 EGGS, MIX IN 1/2 CUP COTTAGE CHEESE, SALT, AND PEPPER.

HEAT 1 TBSP OIL OR BUTTER IN A NON-STICK PAN. ADD EGG MIXTURE, AND GENTLY SCRAMBLE UNTIL JUST STARTING TO SET.

REMOVE FROM HEAT, LET RESIDUAL HEAT COOK TO CREAMY PERFECTION. TOP WITH YOUR FAVORITE HERBS.

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Perfect Potato Pancakes

20 MIN COOKING TIME
3-4 SERVINGS
100 CALORIES PER SERVING



INGREDIENTS

- 3 LARGE POTATOES
- 1 ONION
- 1 EGG (CONTAINS EGG; CAN SUB: FLAX EGG)
- 2 TBSP FLOUR (CONTAINS GLUTEN; CAN SUB: GLUTEN-FREE FLOUR)
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

HEAT A FRYING PAN TO MEDIUM HEAT.

ENSURE MASHED POTATOES ARE WARMED UP. IN A LARGE BOWL MIX TOGETHER MASHED POTATOES, EGGS, FLOUR, CHEESE, PARSLEY, SALT AND PEPPER.

GREASE THE FRYING PAN LIGHTLY. FORM DOUGH INTO PATTIES AND FLATTEN BETWEEN YOUR PALMS. FRY ON THE ONE SIDE UNTIL GOLDEN (ABOUT 3-5 MIN), THEN FLIP AND FRY ON THE SECOND SIDE UNTIL GOLDEN.

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DELIVER VIA INSTACART



Cheesy Cauliflower Nachos

30 MIN COOKING TIME
3-4 SERVINGS
200 CALORIES PER SERVING



INGREDIENTS

- 1 LARGE CAULIFLOWER
- 2 TBSP AVOCADO OR OLIVE OIL
- SALT AND PEPPER
- 1 CUP CHEDDAR CHEESE (CONTAINS DAIRY; CAN SUB: VEGAN CHEESE)
- 1/4 CUP SLICED OLIVES
- 1/4 CUP CHOPPED TOMATOES
- 2 GREEN ONIONS, CHOPPED

INSTRUCTIONS

PREHEAT OVEN 400F.

SLICE CAULIFLOWER, TOSS WITH OIL, SALT, PEPPER. BAKE 20 MINS.

TOP WITH 1 CUP CHEESE, BAKE TILL MELTED.

ADD OLIVES, TOMATOES, ONIONS, AND ANY OTHER INGREDIENTS YOU HAVE LAYING AROUND.

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Mashed Potato Cups

35 MIN COOKING TIME
3-4 SERVINGS
280 CALORIES PER SERVING



INGREDIENTS

- 3 CUPS LEFTOVER MASHED POTATOES (MAY CONTAIN DAIRY)
- 2 LARGE EGGS (CONTAINS EGG; CAN SUB: FLAX EGG)
- 1 PACKAGE FROZEN SPINACH, THAWED AND DRAINED THOROUGHLY
- 1 TSP GARLIC POWDER
- 1 TSP SALT
- ½ TSP BLACK PEPPER
- ¾ CUP SHREDDED CHEESE OF YOUR CHOICE, PLUS EXTRA FOR TOPPING (CONTAINS DAIRY; CAN SUB: VEGAN CHEESE)

INSTRUCTIONS

PREHEAT OVEN TO 375F. SPRAY A MUFFIN TIN WITH COOKING SPRAY AND SET ASIDE.

DRAIN WATER OUT OF THAWED SPINACH. MIX ALL INGREDIENTS IN A BOWL UNTIL WELL COMBINED. SCOOP MIXTURE INTO MUFFIN CUPS AND TOP WITH EXTRA CHEESE.

BAKE FOR ABOUT 30 MINUTES OR UNTIL THE SIDES OF THE CUPS TURN LIGHT BROWN.

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Cheesy Zucchini Rice

20 MIN COOKING TIME
3-4 SERVINGS
300 CALORIES PER SERVING



INGREDIENTS

- 1 CUP WHITE RICE
- 2 CUPS CHICKEN BROTH
- 1 MEDIUM OR 2 SMALL ZUCCHINI, GRATED & SAUTED (ABOUT 2 CUPS)
- 1 CUP SHREDDED CHEESE (CONTAINS DAIRY; CAN SUB: VEGAN CHEESE)
- 1/2 TEASPOON GARLIC POWDER
- 1 TEASPOON SALT AND PEPPER TO TASTE
- 1-2 TABLESPOONS MILK (CONTAINS DAIRY; CAN SUB: ALMOND MILK)

INSTRUCTIONS

IN A MEDIUM SAUCE PAN, COMBINE RICE AND BROTH, AND BRING TO A BOIL.

REDUCE HEAT AND SIMMER, COVERED FOR 15-20 MINUTES, OR UNTIL LIQUID IS ABSORBED.

REMOVE FROM HEAT AND STIR IN ZUCCHINI, CHEESE, GARLIC POWDER, AND SALT AND PEPPER. STIR IN MILK IF NEEDED TO THIN OUT THE SAUCE. SERVE WARM.

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DELIVER VIA INSTACART



Pizza Quesadillas

15 MIN COOKING TIME
4 SERVINGS
310 CALORIES PER SERVING



INGREDIENTS

- 8 TORTILLAS (MAY CONTAIN FLOUR; CAN SUB: CORN TORTILLAS)
- 1 CUP PIZZA SAUCE
- 2 CUPS SHREDDED MOZZARELLA (CONTAINS DAIRY; CAN SUB: VEGAN MOZZARELLA)
- 1 CUP PIZZA TOPPINGS LIKE PEPPERONI, BELL PEPPER, MUSHROOM (PEPPERONI CONTAINS PORK; CAN SUB: TURKEY PEPPERONI)
- 2 TBSP OIL

INSTRUCTIONS

SPREAD SAUCE ON 4 TORTILLAS. TOP WITH 1/2 CUP CHEESE, 1/4 CUP TOPPINGS EACH. COVER WITH 2ND TORTILLA.

IN PAN, COOK EACH SIDE IN 1/2 TBSP OIL UNTIL GOLDEN, CHEESE MELTS. FINISH WITH TOPPINGS AND FINISH IN 350 DEGREE OVEN AS DESIRED.

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Baked Goldfish Chicken Fingers

30 MIN COOKING TIME
3-4 SERVINGS
490 CALORIES PER SERVING



INGREDIENTS

- 1 LB BONELESS, SKINLESS CHICKEN BREASTS
- 1 CUP FLOUR (CONTAINS GLUTEN; CAN SUB: GLUTEN-FREE FLOUR)
- 1 TSP SALT
- 1/2 TSP BLACK PEPPER
- 2 EGGS
- 1 TBSP MUSTARD
- 2 CUPS GOLDFISH CRACKERS, CRUSHED INTO CRUMBS (CONTAINS DAIRY AND/OR GLUTEN; CAN SUB: GLUTEN-FREE CRACKERS)
- COOKING SPRAY
- HONEY MUSTARD FOR DIP

INSTRUCTIONS

HEAT YOUR OVEN TO 425 DEGREES. CUT THE CHICKEN INTO FINGER-SIZED PIECES. IN A DISH COMBINE FLOUR, SALT, AND PEPPER. BEATEN EGGS AND MUSTARD IN A SEPARATE DISH. ANOTHER DISH PLACE THE CRUSHED GOLDFISH CRACKER CRUMBS. MOVE EACH PIECE OF CHICKEN THROUGH THE FLOUR, THEN EGGS, THEN FINALLY COAT WITH CRUMBS.

PLACE CHICKEN ON A OILED BAKING SHEET. SPRAY CHICKEN WITH OIL AND BAKE UNTIL COOKED THROUGH AND THE CRUST IS GOLDEN (15-20 MIN).

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Pizza Fried Rice

20 MIN COOKING TIME
3-4 SERVINGS
350 CALORIES PER SERVING



INGREDIENTS

- 2 CUPS COOKED & CHILLED RICE
- 1 CUP CHOPPED BELL PEPPERS
- 1/2 CUP OF CHOPPED ONIONS
- 1 CUP OF SLICED MUSHROOMS
- 1/2 CUP MINI PEPPERONI (CONTAINS PORK; CAN SUB: TURKEY PEPPERONI)
- 1/2 CUP SHREDDED MOZZARELLA CHEESE (CONTAINS DAIRY; CAN SUB: VEGAN CHEESE)
- 1 TABLESPOON OLIVE OIL
- 2 CLOVES OF GARLIC, MINCED
- 1/2 TSP DRIED OREGANO

INSTRUCTIONS

HEAT THE OIL IN A LARGE SKILLET OVER MEDIUM HEAT.

COOK ONIONS, BELL PEPPERS, AND MUSHROOMS UNTIL SOFT. ADD GARLIC AND COOK FOR 1 MINUTE. INCREASE HEAT TO HIGH AND ADD CHILLED RICE. STIR FRY THE RICE UNTIL STARTING TO BROWN. ADD THE PEPPERONI AND STIR WELL TO MIX. COOK FOR ANOTHER 2-3 MINUTES.

SPRINKLE OVER THE SHREDDED MOZZARELLA CHEESE, AND STIR TO SLIGHTLY MELT THE CHEESE. SEASON WITH DRIED OREGANO, SALT, & PEPPER.

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Magic Ice Cream

10 MIN COOKING TIME
3-4 SERVINGS
400 CALORIES PER SERVING



INGREDIENTS

- 1/2 CUP MILK (CONTAINS DAIRY; CAN SUB: ALMOND MILK)
- 1/2 CUP HEAVY CREAM (CONTAINS DAIRY; CAN SUB: VEGAN WHIPPING CREAM)
- 1/4 CUP SUGAR
- 1/2 TSP VANILLA EXTRACT
- 3 CUPS ICE
- 1/3 CUP SALT

INSTRUCTIONS

IN A ZIP-TOP BAG, COMBINE 1/2 CUP MILK, 1/2 CUP HEAVY CREAM, 1/4 CUP SUGAR, 1/2 TSP VANILLA.

IN A LARGER BAG, FILL WITH 3 CUPS ICE, ADD 1/3 CUP SALT.

PLACE SMALL BAG INTO LARGER ONE, SEAL WELL. SHAKE BAGS FOR 10 MINS UNTIL ICE CREAM FORMS.

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Cookies & Cream Mug Cake

20 MIN COOKING TIME
4 SERVINGS
400 CALORIES PER SERVING



INGREDIENTS

- 1 CUP ALL-PURPOSE FLOUR (CONTAINS GLUTEN; CAN SUB: GLUTEN-FREE FLOUR)
- 8 TBSP (1/2 CUP) SUGAR
- 1/2 TSP BAKING POWDER
- 12 TBSP (3/4 CUP) MILK (CONTAINS DAIRY; CAN SUB: ALMOND MILK)
- 2 TSP VANILLA EXTRACT
- 8 TBSP (1/2 CUP) MELTED BUTTER (CONTAINS DAIRY; CAN SUB: VEGAN BUTTER)
- 8 OREO COOKIES

INSTRUCTIONS

IN 4 MUGS, MIX 1 TBSP FLOUR, 2 TBSP SUGAR, 1/8 TSP BAKING POWDER. ADD 3 TBSP MILK, 1/2 TSP VANILLA, 2 TBSP BUTTER PER MUG. CRUSH 2 OREOS, MIX INTO EACH MUG. MICROWAVE EACH MUG 90 SECS.

WATCH EACH MUG WHILE IT'S COOKING AS COOKING TIMES CAN VARY DEPENDING ON WATTAGE. THE CAKE SHOULD RISE BUT NOT OVERFLOW FROM THE MUG.

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Chewy Ginger- Bread Cookies

20 MIN COOKING TIME
12 SERVINGS (24 COOKIES)
110 CALORIES PER COOKIE



INGREDIENTS

- 2 1/4 CUPS ALL-PURPOSE FLOUR (ALLERGEN ALTERNATIVE: GLUTEN-FREE FLOUR)
- 2 TSP GROUND GINGER
- 1 TSP GROUND CINNAMON
- 1/2 TSP GROUND NUTMEG
- 1/2 TSP BAKING SODA
- 1/2 CUP UNSALTED BUTTER, SOFTENED (ALLERGEN: DAIRY; ALTERNATIVE: VEGAN BUTTER)
- 1/2 CUP BROWN SUGAR
- 1/4 CUP MOLASSES
- 1 EGG (ALLERGEN: EGG; ALTERNATIVE: FLAXSEED EGG)
- 1/4 CUP MILK (ALLERGEN: DAIRY; ALTERNATIVE: ALMOND MILK)

INSTRUCTIONS

PREHEAT YOUR OVEN TO 350°F AND LINE A BAKING SHEET WITH PARCHMENT PAPER. IN A BOWL, COMBINE FLOUR, GINGER, NUTMEG, CINNAMON, AND BAKING SODA. IN ANOTHER BOWL, CREAM THE BUTTER AND SUGAR UNTIL FLUFFY. MIX IN MOLASSES AND EGG. SLOWLY ADD DRY INGREDIENTS INTO WET, ALTERNATING WITH THE MILK. DROP SPOONFULS OF THE DOUGH ONTO BAKING SHEET AND BAKE FOR 8-10 MINUTES UNTIL SOFT BUT SET. COOL ON THE BAKING SHEET BEFORE TRANSFERRING TO A WIRE RACK.

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Creamy Pumpkin Mouse

10 MIN OF PREP, 2 HOURS TO CHILL DISH
12 SERVINGS (24 COOKIES)
110 CALORIES PER COOKIE



INGREDIENTS

- 1 CAN (15 OZ) PUMPKIN PUREE
- 1 PACKAGE (3.4 OZ) INSTANT VANILLA PUDDING MIX
- 1 TSP GROUND CINNAMON
- 1/2 TSP GROUND NUTMEG
- 1 1/2 CUPS WHIPPED CREAM OR WHIPPED TOPPING (ALLERGEN: DAIRY; ALTERNATIVE: COCONUT WHIPPED CREAM)

INSTRUCTIONS

IN A LARGE BOWL, MIX TOGETHER THE PUMPKIN PUREE, PUDDING MIX, CINNAMON, AND NUTMEG.

GENTLY FOLD IN THE WHIPPED CREAM UNTIL WELL COMBINED.

CHILL IN THE FRIDGE FOR AT LEAST 2 HOURS BEFORE SERVING.

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North Pole Hot Chocolate

12 MIN COOKING TIME
4 SERVINGS
210 CALORIES PER SERVING



INGREDIENTS

- 4 CUPS MILK (ALLERGEN: DAIRY; ALTERNATIVE: ALMOND MILK, OAT MILK)
- 3/4 CUP WHITE CHOCOLATE CHIPS (ALLERGEN: DAIRY; ALTERNATIVE: DAIRY-FREE WHITE CHOCOLATE CHIPS)
- 1/4 TSP PEPPERMINT EXTRACT
- WHIPPED CREAM (ALLERGEN: DAIRY; ALTERNATIVE: COCONUT WHIPPED CREAM)
- CRUSHED SOFT PEPPERMINT CANDIES

INSTRUCTIONS

HEAT THE MILK IN A SAUCEPAN OVER MEDIUM HEAT UNTIL IT'S HOT BUT NOT BOILING.

ADD THE WHITE CHOCOLATE CHIPS, STIRRING UNTIL COMPLETELY MELTED. STIR IN THE PEPPERMINT EXTRACT. SERVE HOT WITH WHIPPED CREAM ON TOP. SPRINKLE CRUSHED SOFT PEPPERMINT CANDIES OVER THE WHIPPED CREAM.

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S'mores Pudding Cups

20 MIN PRE TIME (PLUS CHILLING TIME)
5-6 SERVINGS (MAKES 6 CUPS)
275 CALORIES PER SERVING



INGREDIENTS

- 1 BOX CHOCOLATE PUDDING MIX (ALLERGEN: DAIRY; ALTERNATIVE: DAIRY-FREE PUDDING MIX)
- 2 CUPS MILK (ALLERGEN: DAIRY; ALTERNATIVE: ALMOND MILK, OAT MILK)
- 1 CUP MARSHMALLOW FLUFF
- 1 CUP GRAHAM CRACKERS, CRUSHED (ALLERGEN: WHEAT; ALTERNATIVE: GLUTEN-FREE GRAHAM CRACKERS)

INSTRUCTIONS

PREPARE CHOCOLATE PUDDING ACCORDING TO PACKAGE INSTRUCTIONS USING YOUR CHOSEN MILK. ALLOW THE PUDDING TO COOL IN THE REFRIGERATOR FOR ABOUT 1 HOUR. ONCE CHILLED, LAYER THE INGREDIENTS IN CUPS STARTING WITH A SPOONFUL OF CRUSHED GRAHAM CRACKERS, THEN CHOCOLATE PUDDING AND TOP WITH MARSHMALLOW FLUFF. REPEAT LAYERS IF DESIRED. CHILL FOR ANOTHER 30 MINUTES BEFORE SERVING.

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Fizzy Citrusy Jello

10 MIN PRE TIME (PLUS CHILLING TIME)
6-8 SERVINGS
75 CALORIES PER SERVING



INGREDIENTS

- 1 BOX ORANGE-FLAVORED GELATIN (ALLERGEN: MAY CONTAIN TRACES OF ALLERGENS, READ LABELS CAREFULLY)
- 1 CUP BOILING WATER
- 1 CUP POMEGRANATE JUICE
- 1 CUP SPARKLING WATER

INSTRUCTIONS

DISSOLVE THE ORANGE-FLAVORED GELATIN IN BOILING WATER, STIRRING UNTIL DISSOLVED.

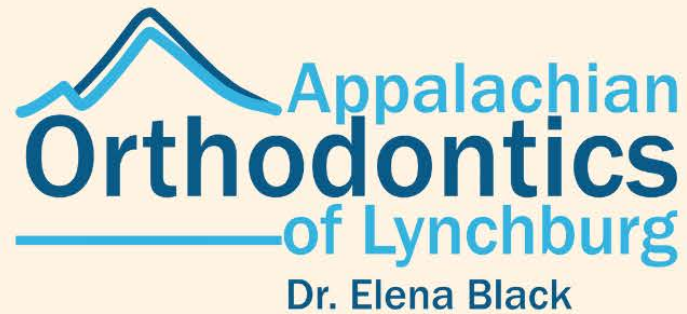
ALLOW MIXTURE TO COOL, AS THE CARBONATION IN THE SPARKLING WATER WILL REACT LESS WITH A COOLER LIQUID.

ADD THE POMEGRANATE JUICE AND MIX WELL. GENTLY STIR IN THE SPARKLING WATER TO RETAIN AS MUCH FIZZ AS POSSIBLE. POUR THE MIXTURE INTO A MOLD OR INDIVIDUAL CUPS. PLACE IN THE REFRIGERATOR TO SET FOR ABOUT 4-5 HOURS. ONCE SET, SERVE CHILLED.

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This cookbook is intended to provide recipes suitable for individuals with braces. While every effort has been made to ensure the recipes are braces-friendly, individual experiences may vary. It's important to always consult with your orthodontist or dental professional about any specific concerns related to your braces and dietary choices. The author and publisher disclaim any liability arising directly or indirectly from the use of this cookbook, and readers are encouraged to use their best judgment when preparing and consuming these dishes.
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