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**Bruce Daroff**

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Hello!

Jessica just let me eat two of these and they were delish!!! Kind of like gummy bears, but they are sugar free, 10 calories and large. You should start eating these instead of getting gummy bears. Recipe is below.

**Knox Blox.**

You get 1 box of Knox Gelatin (4 pgks inside)  
And 3 oz jello, its 9 small boxes of jello  
And 4 cups of boiling water.

Stir together until gelatin is completely dissolved. Pour into a glass casserole dish and refrigerate until firm and EAT.