

Juicy Mango Wigglers

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Servings: 12 (2 Pieces Per Serving)

These silly orange wigglers use just four basic ingredients, which makes them a treat for both you and your kids.

Ingredients:

1½ cups 100% tropical mango juice blend, divided (you can also use mango juice or orange juice)

1 cup frozen mango

2 envelopes unflavored gelatin

1 to 2 tablespoons granulated sugar

Directions:

1. In a blender, blend together 1 cup of juice and the frozen fruit until smooth. Pour into a small saucepan and bring to a boil. Stir occasionally to break up any frothy bubbles.
2. Meanwhile, place the remaining ½ cup juice in a large bowl. Sprinkle the gelatin over the juice and let stand 1 minute. Add the hot juice mixture and stir, or gently whisk, until the gelatin completely dissolves, about 5 minutes. Stir in the sugar.
3. Pour the mixture into an 8 x 8-inch pan or dish. Refrigerate until firm, about 3 hours. Cut into 24, 2 x 1½-inch rectangles (use an off-set spatula to remove them from the pan).

Nutrition Facts: Serving Size: 2 pieces; Calories 35

Total Fat 0g; Saturated Fat 0g; Sodium 5mg; Total Carbohydrate 7g; Protein 1g