

Dr. Carr:

I used 4 envelopes of the knox unflavored gelatin...no carbs whatsoever.
I added 1 cup of "zero" black/cherry soda then I warmed up another 3 cups of the soda in a pan and blended it thoroughly. Poured the mixture into a pan of choice and let chill overnight. They came out great...I only eat a few squares at a time. Again, no carbs and a nice "treat" without sugar.

Maureen