



# FCS FOUNDATION

## Jell-O Poke Cake

A sweet treat with low calorie substitutions in to any box cake mix.

### Ingredients:

- Any boxed cake mix or recipe of choice
- Water
- 3 egg whites
- Unsweetened apple sauce
- Large box of gelatin
- Fat Free Cool Whip frosting

### Directions:

Follow instructions on the cake mix **but**:  
Substitute the oil with equal parts of unsweetened apple sauce  
Substitute eggs with 3 egg whites  
Bake as directed (It may bake faster so keep an eye on it)  
Let cake cool on counter  
Boil 2 cups of water and add 1 large box of any flavor gelatin  
Poke holes in cooled cake with wooden spool handle  
Pour gelatin into holes  
Refrigerate for at least 4 hours  
Frost with Fat free cool whip, decorate and serve!

\*You can do lots of variations, white cake and orange gelatin chocolate cake and cherry gelatin

### Nutritional Information:

Not calculated for this recipe

Recipe by Darlene Voll

### Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)