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# Hand Jiggler

## Ingredients and Supplies

1 C boiling water - do not add cold water  
1 box (4-serving size each) Jell-O  
Hand mold

## Procedure

Stir boiling water into dry gelatin mix in large bowl at least 3 minutes until completely dissolved. Pour into a hand mold sprayed with cooking spray. Refrigerate 3 hours or until firm. Remove by inverting molds.

