

# Brain Mold Recipe



## Ingredients

- Two 170 g boxes of Jello (watermelon and peach flavours give the best colour)
- One 9 oz (266 ml) can of evaporated fat free skimmed milk (no other milk will work)
- 1¾ cups of boiling water
- ¾ cup of cold water
- Vegetable oil (for the plastic mold)

## Instructions

1. Before each use, wash the brain mold with warm soapy water and dry completely.
2. Spray or smear a small amount of vegetable oil inside the plastic mold. Wipe away any excess.
3. Put Jello mix in a bowl and add the boiling water. Stir until dissolved.
4. Stir in the cold water.
5. Add the skimmed milk and stir for 2 minutes. The colour of the Jello will depend on the flavour you use. You can choose to add food colouring to obtain a "brain colour". Green food colouring works well.
6. Place the mold, opening face up, inside a bowl (Figure 1). Since the mold does not have a flat surface, the bowl supports the mold and keeps it level as the Jello sets.
7. Pour the mixture into the mold and refrigerate overnight.
8. To get the Jello brain out of the mold, gently shake it right side up, and then right side down (Figure 2). Don't forget to put a plate underneath! The Jello brain should pop right out.



**Figure 1.** Place the mold inside a bowl or other container to keep it steady in the refrigerator.



**Figure 2.** Gently shake the mold and the jello brain will pop out.



**Figure 3.** Use your finished Jello brain to teach the importance of injury prevention!