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GF Friendly

Jelly and Fruit Dessert

An easy low-budget dessert of jelly and fruit

This is a cheap and easy way to round off a main meal, or it makes for a light anytime snack. I generally go with canned fruit, except when fresh varieties are in season and don't cost an arm and a leg. If you choose to go with the latter, **please be aware: fresh pawpaw, fresh pineapple and fresh kiwi fruit WILL PREVENT THE JELLY FROM SETTING!**

In the photo, the jelly was port wine flavour with fruit salad; but you can use whatever you fancy. Larger pieces such as sliced apricot or pear halves can be cut small before adding to the cooled jelly. You can even make this up in small plastic cups for the kids.

410g can of fruit salad, or other

85g pack of jelly crystals

250ml boiling water

200ml cold water and juice



Place the jelly crystals in a suitable bowl and add 250ml of boiling water. Stir this well to dissolve. Drain the juice from the can into a measuring jug and top up to 200ml with cold water. Stir this into the dissolved jelly and allow to cool. Once it has, add the pieces of fruit and put in the fridge to set.

Serves 4-6 with extras (see Tip)

Tip: to spin out the dessert catering for more serves, make up a pan of custard and allow it to cool. If you prefer it thicker, let it cool first then whip it up by hand or with an electric mixer. An alternative would be creamed rice.

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