

Fruit Jelly

Ingredients

1 pack raspberry jelly
50g strawberries, quartered
50g raspberries
25g blueberries (optional)

Equipment

Measuring jug, spoon, chopping board, knife, large bowl or 4 glasses/small bowls.

Method

1. Make up the jelly, as per instructions on the packaging.
2. Wash and prepare the fruit.
3. Place the fruit into a large bowl or individual small bowls/glasses.
4. Pour the jelly over the fruit.
5. Allow to cool, then set in the fridge.

Tips

- * Use different types of jelly and fresh fruit.
- * Canned fruit could be used.
- * Be creative! Why not use different flavoured jelly and make a layered desert?
- * Add sliced Swiss roll to the jelly, when set top with cold low-fat custard and a splash of whipped cream for a quick trifle.

