

Fresh for Kids®

Strawberry & orange trifles



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Preparation: about 15 minutes

Serves: 4

4–6 jam sponge mini rolls, cut into
1cm-thick slices

2 medium Navel oranges, peeled, all pith
removed and chopped

150g tub raspberry jelly*

1 cup reduced fat vanilla custard or
yoghurt

250g strawberries, hulled and finely
chopped

*Ready-made jelly is available in the chilled
cabinet in supermarkets

1. Arrange sliced jam rolls in 4 serving
glasses, gently pressing down to form
a base.
2. Top with oranges, small scoops of jelly,
custard or yoghurt and strawberries.
Serve immediately or cover with plastic
wrap and chill in the fridge for up to
3 hours.

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Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.
- They are a good source of dietary fibre. Fibre helps prevent constipation.