

Strawberry jelly



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Preparation: 15 minutes (+ 3 hours chilling time)

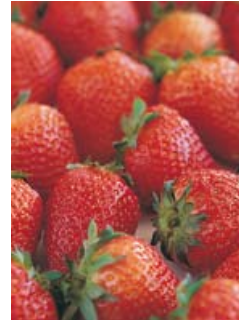
Serves: 4

Ingredients:

500g strawberries, halved lengthways
85g packet raspberry jelly crystals
1 cup boiling water
200ml cold water
reduced fat vanilla ice-cream, to serve

Method:

1. Arrange strawberries in a 5-cup shallow baking dish.
2. Place jelly crystals in a medium heatproof jug. Add boiling water and stir until crystals dissolve. Stir in cold water. Pour jelly mixture over strawberries. Cover and refrigerate for 3 hours or until set.
3. Serve chilled strawberry jelly with reduced fat vanilla ice-cream.



Strawberries:

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