



Needs adult HELP!

Wibble wibble!

MAKES 6

Snack's

jelly fruits



- You need:
- chopping board
 - chopping knife
 - different coloured fruits (e.g. raspberries, blackberries, grapes, mango and banana)
 - some small jelly moulds, dishes or heatproof glasses
 - measuring jug
 - jelly (preferably sugar-free)
 - kettle
 - dessertspoon or tablespoon
 - paper jelly dishes
 - low-fat fromage frais
 - cocktail decorations (optional)



1

Wash and chop the fruit then put a few pieces in each jelly mould, dish or glass.



2

You could try using different coloured fruits and jellies in different moulds.



3

Ask an adult to help you mix up some jelly with 250ml (1/2 pint) of boiling water.



4

Keep stirring until all the jelly crystals or cubes have dissolved then add 250ml (1/2 pint) of cold water.



5

Let the jelly cool slightly then pour some over your fruit to fill up each mould.



6

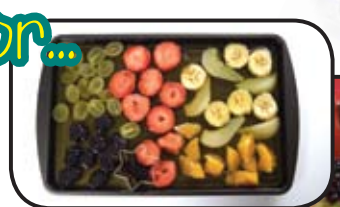
Leave in the fridge overnight. The next day, tip them out on to a plate.



7

Serve with fromage frais in the moulds or in paper jelly dishes with some decorations (if you have any).

or...



You could also set some fruit in jelly on a small baking tray and cut out shapes with cookie cutters. This works best if you mix up your jelly with half the normal amount of water!

