

August's recipe of the month

Jelly creams with a fruit coulis

Our Love Food Hate Waste Champion Pauline shared this easy desert recipe with us. It is a fantastic way to use up any yoghurt and tastes delicious with fresh fruit or if the fruit has become a bit softer with a fruit coulis.



Ingredients

For the jellies:

1 packet of jelly
250ml (½ pint) boiling water
250ml (½ pint) plain yogurt
Fresh fruit and extra yoghurt to decorate (optional)

For the coulis (optional):

250g of fruit
(e.g. black berries, raspberries etc.)
sugar to taste
100ml water

Method

Dissolve the jelly in the boiling water and then add the yoghurt.

Whisk the two ingredients together. Put into sundae dishes and place in the fridge to set. Once set top with fresh fruit & yoghurt or fruit coulis.

For the fruit coulis, put the fruit, water and sugar into a small saucepan and bring to the boil. Simmer for 5 minutes until soft.

Let it cool a little then tip the contents into a blender or food processor. Whizz to a puree, then strain through a sieve if you would like a smooth finish. Serve cold.

Top tip

You can reduce the amount of water & increase the amount of yoghurt for a softer set. Fruit coulis will keep in the fridge for 3 days or you can freeze it for up to 3 months.

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