

Orange Jelly Yoghurt

Serves 4

Ingredients: -

300ml/½ pint - unsweetened orange juice

11g/0.4oz (1 sachet) – gelatine

275g/10oz - low fat natural plain yoghurt

2 – oranges

Method: -

Put half of the orange juice into a saucepan and sprinkle with gelatine.

Leave the gelatine to soften for 5 minutes, then heat gently, taking care not to let it boil.

Keep stirring until all the gelatine has dissolved.

Mix together the dissolved gelatine with the remaining orange juice and yoghurt.

Pour into four serving glasses and leave to set in a cool place or refrigerator.

Cut away the peel and the pith from the oranges, cut out the orange segments and use to decorate the jelly, just before serving.

This is also very nice with other juices and fruit, such as grapefruit juice and grapefruit segments.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
