

Fruit Jelly and Ice Cream

Serves 10

Ingredients	
2 packets of fruit flavoured jelly	600g Swedish Glaze Vanilla ice cream (1 scoop = 60g) Swedish Glaze is produced by Foundation Foods
1 400g can fruit cocktail in natural juice	

- METHOD:
- Make the jelly according to the pack instructions.
- Drain the fruit cocktail and place a dessert spoon of fruit in each sundae dish.
- Fill the dish with the liquid jelly.
- Chill in the fridge until the jelly has set.
- Serve with ice cream.



- ✓ COOK'S TIP: FOR WHEAT FREE DIETS AND MILK FREE EXCLUDE ICE CREAM, REPLACE WITH SOYA YOGHURT OT "PROVAMEL" VANILLA SOYA DESSERT POT.
- ✓ FOR VEGETARIAN DIETS ENSURE A VEGETARIAN JELLY IS USED.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
152	3	6	23	18	0.1	0.1	65