

Fresh fruit & apple jelly



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Preparation 25 mins + chilling time | Serves 4

Apple Jelly

1 x 85g packet 'Create a Jelly' crystals
1 cup boiling water
200ml fresh apple juice

To serve:

2 oranges, peeled and chopped
¼ small pineapple, peeled, cored and chopped
125g strawberries, hulled and halved lengthways

**we used Aeroplane brand 'Create a Jelly' from the supermarket*

STEP 1 Place jelly crystals into a heatproof jug. Add boiling water and stir until crystals dissolve. Stir in apple juice. Evenly pour jelly mixture into 4 x 1 cup serving glasses. Refrigerate for 4-5 hours or until set.

STEP 2 To serve, combine oranges, pineapple and strawberries in a bowl. Spoon fruit over jellies and serve.

Good for you... **PINEAPPLE**

A good source of manganese, a mineral that is needed for growing bones and the cartilage in joints as well as the brain.

