

Berry Delicious Pudding

RECIPE SERVES 6

Try your own combination of jelly flavours and fruit!

Ingredients

200mL water, boiled
1 packet (85g) flavoured jelly crystals
500g reduced fat natural or Greek yoghurt
200g mixed berries, (frozen, canned, or fresh)

Equipment

Kettle, medium mixing bowl, mixing spoon, whisk, glass dish



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Fill up and boil the kettle.

1.

In a medium bowl, add jelly crystals and 200mL boiling water. With a spoon, mix together until jelly crystals are dissolved. Allow to cool to room temperature.

2.

Add 500g yoghurt to jelly mixture

3.

Mix together well with a whisk.

4.

5.

Pour mixture into a glass baking dish. Gently place 200g of berries on top of jelly mix. Put glass dish in the fridge to set overnight. Enjoy!

Whilst this recipe includes Superhero Foods, it may meet some, but not all Foodbank WA recommendations for nutritional criteria.

This recipe was inspired by Ava and Evelyn Leggett, winners of Foodbank WA's Superhero Foods Kids' Cooking Challenge for Pilbara Primary Schools.

