

Fruit fluff

Ingredients:

- 26g of fruit jelly crystals*
- 125ml of boiling water
- 125ml of cold water
- 1 tin/410g of evaporated milk
- 150g of fruit (same flavour as the jelly)

* Jelly crystals come in 2x13g sachets. You'll need to use both for this recipe.

You'll also need:

- A measuring jug
- An electric whisk



IN THE KITCHEN - Fruit fluff

Method:

- Put the jelly crystals into the measuring jug
 - Pour in the boiling water
 - Stir until the jelly crystals have dissolved
 - Stir in the cold water
 - Allow the mixture to cool for about 15 minutes
 - Using an electric whisk, mix the evaporated milk until thick and fluffy (about 2 minutes)
 - Then whisk into the cooled jelly. This is your fluff
 - Pour the fluff into a large bowl or individual small dishes and layer with fruit
 - Repeat the layering until all the fluff and fruit has been used, leaving fruit on the top to decorate
- Cover and chill in the fridge for a few hours to set

TOP TIP:

Use sugar free jelly crystals for a healthier option