

Yoghurt Jellies

These soft and fruity jellies are very easy to prepare and the whole family will enjoy them! If you don't have small silicone moulds you can serve the jellies in individual ramekins or glasses.

Makes 6



INGREDIENTS

1 x 80 g packet jelly powder, flavour of your choice
200 ml boiling water
200 ml full cream vanilla or plain yoghurt
6 x 70ml silicone moulds
speckled eggs, to decorate



METHOD

1. Pour the jelly powder into a bowl and add the boiling water. Stir well to dissolve. Set aside to cool to room temperature.
2. Add the yoghurt and whisk by hand until well combined and smooth. Place the silicone moulds on a tray and fill with the jelly mixture. Transfer to the fridge and leave for 2-3 hours or until firm and set.
3. To loosen the jellies place the base of the mould in hot water for a few seconds at a time until the jellies slip out. Transfer carefully to a serving plate. Decorate with speckled eggs just before serving.



Nutrition Facts

Serving size: 88 g

	Per 100g	Per serving
Energy (kJ)	626	553
Protein (g)	5	4
Cho (g)	18	16
Fat (g)	5	4
Calcium (mg)	57	50
Sodium (mg)	36	32
Dietary Fibre (g)	0	0



www.rediscoverdairy.co.za

An Initiative of the Consumer Education Project of Milk SA