

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



For more yummy recipes visit superherofoodshq.org.au



1.

Fill up and boil the kettle.

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.

Jelly Crystals



3.

Add 500g yoghurt to jelly mixture

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!



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

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