

Fruit Fluff

Prep time: 5-10 minutes Chilling time: 3 hours



Ingredients

26g / 1oz sachet of sugar free fruit jelly crystals*

125ml / 4floz boiling water

125ml / 4floz cold water

1 tin / 410g / 14oz light evaporated milk

150g / 5oz of fruit (same as flavour jelly)

*Jelly crystals come in 2 x 13g sachets, you need to use both in this recipe

Method.

- Put jelly crystals into a measuring jug. Pour in the boiling water stirring until the crystals have dissolved. Then stir in the cold water
- Allow the jelly to cool, for about 15 minutes
- Using an electric whisk, mix the milk until thick and fluffy (about 2 minutes) then whisk into the cooled jelly
- Pour into a large bowl or individual small dishes, layering the fluff with fruit throughout the dish
- Cover and chill in a fridge for a few hours to set. Decorate with fruit and serve



Tip!
Make this in the morning so
it's ready for tea!
It's so quick to
make too!