



SUMMER FRUIT JELLY CUPS

SUMMER FRUIT JELLY CUPS

Preparation 20 mins + chilling time | Makes 6

- 1 x 85g packet strawberry jelly
- ½ small pineapple, peeled
- ½ small rockmelon, deseeded and peeled
- 200g small seedless grapes
- 125g plump strawberries, hulled and chopped
- 75g blueberries
- 1 cup reduced fat vanilla yoghurt or Greek-style yoghurt, to serve
- 1 small ripe mango, peeled and flesh cut lengthways into thin strips

STEP 1 Make jelly following the packet directions. Pour mixture into 6 x 350ml recyclable plastic cups. Refrigerate for 4 hours or until set.

STEP 2 Chop pineapple and rockmelon into a small dice. Place into a bowl. Toss through grapes, strawberries and blueberries. Top the set jellies with the fruit salad. Top with a dollop of yoghurt and mango slices and serve.



Good for you... **STRAWBERRIES**

A great source of vitamin C. One of the functions of vitamin C is to contribute to the normal functioning of the body's immune system.



SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SUM20