

Grape & apple jellies

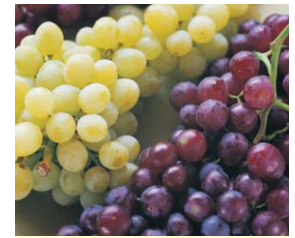


Grape & apple jellies

Preparation: about 15 minutes
Cooking: about 15 minutes
+ chilling time
Serves: 4

85g packet 'Create-a-Jelly' jelly crystals
(Aeroplane brand)
200ml chilled fresh apple juice
350g seedless grapes, stems removed

1. Place jelly crystals into a heatproof bowl. Add 1 cup boiling water and stir until crystals dissolve. Stir in apple juice.
2. Divide grapes between 4 serving glasses. Pour over jelly mixture. Cover each with plastic wrap and refrigerate for 4-5 hours until set and serve.



Grapes

- A good source of dietary fibre which helps keep the intestine healthy.
- The carbohydrate in grapes is digested slowly, which means that grapes have a low GI and provide energy over a longer time period.
- A source of vitamin C, which is one of the vitamins that the body needs for defence against infection.
- Supply some carotenoids, including one called cryptoxanthin that acts as an antioxidant in the body



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