



PLUMS WITH JELLY & ANZAC BISCUIT CRUMB



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Preparation 15 mins + chilling time | Serves 4-6

Plums are in abundance around Anzac Day and this dessert is so easy to make!

- 1 x 85g pkt raspberry jelly crystals
- 1½ cups boiling water
- ½ cup cold water
- 750g ripe plump plums (like the Autumn Giant variety)
- 1½ cups thick natural reduced fat yoghurt
- 4 Anzac biscuits, roughly crumbled

STEP 1 To make raspberry jelly, place jelly crystals into a large heatproof jug or bowl. Add 1½ cups boiling water and stir until crystals dissolve. Stir in ½ cup cold water. Pour into a 20cm square cake pan, cover and chill for 3-4 hours or until firm.

STEP 2 To serve, cut plums into wedges and arrange in a large shallow serving dish. Using a spoon, rough the jelly and spoon over the plums. Top with yoghurt, sprinkle with Anzac biscuit crumbs and serve.

Good for you... **PLUMS**

A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants



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