

Fresh for Kids®

# Strawberry jellies



## Strawberry jellies

**Preparation:** 15 minutes  
(+ 3 hours chilling time)

**Serves:** 4

*Choose small-sized strawberries for this recipe.*

500g strawberries  
85g packet raspberry jelly crystals  
1 cup boiling water  
200ml cold water  
1 cup thick custard

1. Reserve 6 strawberries. Hull and halve remaining strawberries and place in 4 x 1½ cup serving glasses.
2. Place jelly crystals in a medium heatproof jug. Add boiling water and stir until crystals dissolve. Stir in cold water. Pour jelly mixture over strawberries. Cover and refrigerate for 3 hours or until set.
3. To serve, top strawberry jellies with custard. Hull and slice reserved strawberries, place on custard and serve.

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### Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

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