

Desserts

Berry Jelly

29
kcal



4 servings

30g (1oz) sachet sugar-free jelly
160g (5½oz) mixed berries

Make up the jelly in a large jug, according to the instructions on the packet.
Divide the berries between four serving bowls and pour the jelly over the top.
Put the berry jellies in the fridge to set.

Tip

This is great served with a scoop of fromage frais.