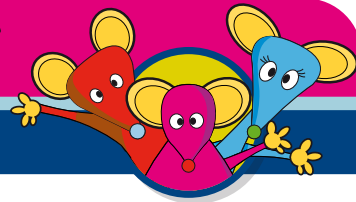


Inspiring young minds...

KIDS



Strawberry Mousse

This is one of my grandma's favourite recipes. It is yummy but light on the sugar so you don't have to worry about spoiling your teeth!

Makes enough for 4.

It will take you 10 minutes to get ready but then you will need to leave it in the fridge for a while.

You will need

1 sachet of strawberry sugar free jelly

crystals

198g fresh strawberries

198g very low fat fromage frais

A blender

Measuring jug

4 plastic bowls



1. Put the jelly crystals in a measuring jug and ask an adult to pour in enough boiling water so the level goes up to the 200ml mark. Stir and leave to cool.

2. Ask an adult to help you chop the strawberries roughly. Put the fruit into a bowl, add the fromage frais and blend until the mixture is nice and smooth. You might need to ask an adult to help you with this.

3. Tip the strawberry and fromage frais puree into a bowl and very carefully stir in the cooled jelly a little bit at a time to make a mousse.

4. Pour the mousse into 4 plastic bowls and put them in the fridge for 2 to 3 hours until they are set.

5. Put a strawberry on top, eat and enjoy. Yum, yum, grandma made some for our picnic last week.

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important. Please use caution when using scissors and other materials in your child's presence.