Snack

Berry and Rosewater Yoghurt Mousse

A light vanilla yoghurt mousse whipped until airy and chilled until set, crowned with strawberries and frozen mixed berries tossed in rosewater.

265 min	176	28.5 g	23.8 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 4 servings

- [ ] 11/2 teaspoon powdered gelatine
- [ ] 11/2 tablespoons water
- [ ] 11/2 tablespoons caster sugar
- [ ] 1 cup low-fat milk
- [ ] 1 teaspoon vanilla extract
- [ ] 11/2 cups low-fat vanilla yoghurt
- [ ] 250 g strawberries, hulled and sliced
- [ ] 11/2 cups frozen mixed berries
- [ ] 1/2 tablespoon icing sugar
- [ ] 11/2 teaspoons rosewater essence

Method

- [ ] **1** Tip the water into a small cup and sprinkle the powdered gelatine over the top, then leave it to one side.
- [ ] **2** Pour the low-fat milk into a small saucepan and add the caster sugar and vanilla extract. Warm over medium heat, stirring occasionally, until hot but not boiling. Take the pan off the heat and stir in the gelatine until it dissolves.
- [ ] **3** Leave the milk mixture to cool slightly, then mix in the low-fat vanilla yoghurt until smooth.
- [ ] **4** Blitz with a stick mixer or blender for about 1 minute until the mixture is light and fluffy.
- [ ] **5** Divide the mixture between four 250ml serving glasses or bowls, cover each with plastic wrap and refrigerate for 4 hours or overnight until set.
- [ ] **6** Toss the strawberries and frozen mixed berries together with the icing sugar and rosewater essence in a bowl.
- [ ] **7** Just before serving, pile the berry mixture decoratively on top of each mousse.

Nutrition Facts

Per serving

Calories	**176**
Total fat	2.7 g
Saturated fat	Not listed
Sodium	97.6 mg
Total carbs	28.5 g
Fiber	2.3 g
Total sugars	23.8 g
Protein	10 g

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