Snack

Layered Berry Yoghurt Jelly Cups

A chilled raspberry jelly layered with creamy vanilla yoghurt and a colourful mix of berries, finished with fresh mint and crunchy walnuts.

135 min	237	27 g	16.1 g
time	calories	carbs	sugars



Gluten free

Ingredients, 2 servings

- [ ] 1/2 x 9g packet of raspberry flavoured diet jelly crystals
- [ ] 1 cups of water
- [ ] 100 g vanilla flavoured yoghurt
- [ ] 100 g fresh strawberries (or redcurrants), hulled and cut into halves
- [ ] 75 g fresh or frozen raspberries
- [ ] 75 g fresh or frozen blackberries
- [ ] 75 g fresh blueberries
- [ ] A few mint leaves, chopped finely
- [ ] 4 tablespoons walnuts, roughly chopped

Nutrition Facts

Per serving

Calories	**237**
Total fat	13.2 g
Saturated fat	Not listed
Sodium	45.7 mg
Total carbs	27 g
Fiber	6.2 g
Total sugars	16.1 g
Protein	5.7 g

Method

- [ ] 1 Put the raspberry flavoured diet jelly crystals in a heatproof jug or bowl.
- [ ] 2 Heat half of the water until boiling, pour it over the crystals and stir until completely dissolved.
- [ ] 3 Stir in the remaining water, then divide the liquid between two serving glasses or small bowls.
- [ ] 4 Chill the glasses until the jelly is fully set.
- [ ] 5 Spoon the vanilla flavoured yoghurt over each set jelly layer.
- [ ] 6 Top with the fresh strawberries (or redcurrants), hulled and cut into halves, the fresh or frozen raspberries, the fresh or frozen blackberries and the fresh blueberries.
- [ ] 7 Scatter the mint leaves, chopped finely, over the berries.
- [ ] 8 Finish with the walnuts, roughly chopped, and serve straight away.

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