

Orange and Pineapple Dessert

Ingredients

Base

60g/2oz butter

1 box Juvella Low Protein Cookies, finely crushed

30g/1oz demerara sugar

Topping

120g/4oz Juvella Low Protein Mix

550ml/1 pint orange juice

550ml/1 pint pineapple juice

Decoration

1 orange, segmented

1 x can pineapple chunks, chopped

1 x 20cm (8 inch) spring clip or close bottomed cake tin.

Method

1. Melt the butter in a pan and stir in the crushed cookies and sugar.
2. Place into the bottom of the cake tin, pressing down firmly. Chill well.
3. To make the topping, mix together the low protein mix, sugar and a little of the orange juice to make a smooth paste.
4. Heat the remaining juice until boiling and then add the paste, stirring all the time. Simmer gently for 3-4 minutes. Allow to cool. Pour over the biscuit base and chill for 2 hours until well set.
5. Carefully remove the dessert from the tin and decorate with orange segments and pineapple pieces.

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