



Mousse

SERVES 2

Ingredients

- ½ packet jelly cubes
- 285ml dairy free milk alternative
- 50ml boiling water

Directions

- Dissolve jelly in a jug with boiling water.
- Make up to ½ pint with milk alternative
- Place in a bowl in fridge for 15-20 minutes.
- Whisk with an electric hand whisk until frothy.
- Divide into 2 empty yoghurt pots or ramekin dishes and leave to set in fridge.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Calcium*



Vitamin D*



Iodine *



Lactose & Galactose Free Recipe