

Mango Jelly

1 litre mango juice
200g castor sugar
30g gelatine
375g reduced fat evaporated milk
1 mangoes, pureed
1 mango finely diced

Heat juice and sugar until dissolved. Sprinkle in the gelatine, stir well, remove from heat, cool and whisk in evaporated milk and pureed mango. Fold through the diced mango and pour into lightly oiled ring mould. Refrigerated until set. Unmould and serve with mango slices and fresh berries.

Suggestion – for a more tropical flavour, substitute a tin of light coconut milk for the evaporated milk

Health Habits: