

# Fresh for Kids® strawberry & mango jellies



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## strawberry & mango jellies

These jellies are fabulous for kids' parties!

### Ingredients:

- 1 x 9g satchet mango or pineapple flavoured jelly crystals
- 1 medium ripe mango
- 250g strawberries
- 6 disposable clear plastic cups or small jelly moulds
- extra hulled sliced strawberries, to serve
- reduced fat natural or vanilla yoghurt, to serve

### HEALTH BENEFITS:

#### Mangoes

- Just half a mango will provide a child's entire daily supply of vitamin C. This anti-infection vitamin is found naturally only in fruits, vegetables and breast milk.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes).
- Half a mango will provide almost 20% of the vitamin E a child needs for the day.

### Method:

1. Mix the jelly in a heat-proof jug following packet directions. Set aside to cool slightly.
2. Meanwhile, peel mango and roughly dice flesh. Hull strawberries and quarter lengthways. Spoon mango and strawberries evenly into 6 plastic cups. Gently press fruit into the base of the cups or moulds to prevent fruit rising when jelly mixture is poured over.
3. Pour the jelly mixture over fruit. Refrigerate for 4–5 hours or until firm. Top with extra strawberries and natural yoghurt and serve.

**Makes:** 6

**Preparation:** 20 minutes