

LighterLife Management

Week 3 Recipes:

Fruity jellies with Greek yoghurt

Enjoy 1 of your 5-a-day with this fruity, protein-packed dessert!

Serves: 2

Nutrition per serving:

87 kcal, 12g protein, 10g carbs, 0g fat, 1g fibre

Ingredients:

- 3 sachets LighterLife Raspberry Jelly
- 40g raspberries
- 40g strawberries
- 80g blueberries
- 200g fat-free Greek yoghurt

Method:

1. Divide the berries between 2 bowls and stir.
2. Make up the jelly according to the packet instructions, pour over the top of the berries and leave to set in the fridge.
3. Serve each jelly bowl topped with 100g of the yoghurt.

Tips:

- Vary the fruit according to what's in season – this works well with blackcurrants, redcurrants and blackberries.