



**FEAST YOUR EYES
RECIPE CARD**



**NATIONAL EYE
HEALTH WEEK**

MONDAY 23 – SUNDAY 29 SEPTEMBER 2019

YOUR VISION MATTERS

Peach melba trifles

PREP TIME 10 mins + chilling

COOKING TIME 10 minutes

MAKES 6

INGREDIENTS

- 2 x 23g sachets Hartley's Sugar Free Orange Jelly
- 10 sponge fingers, broken into pieces
- 150g raspberries, plus extra to decorate
- 100g blueberries
- 2 peaches or nectarines, sliced
- 325ml skimmed milk
- 1tbsp caster sugar
- 1tsp vanilla bean paste or extract
- 2tbsp custard powder
- Fresh mint sprigs and ground cinnamon, to decorate (see tip)

Tip: Use a little grated chocolate instead of cinnamon if you prefer.

METHOD

1. Dissolve the jelly in 200ml boiling water. Stir in 500ml cold water and leave to cool.

2. Divide the sponge fingers among 6 short glasses, then add a mixture of the fruit to each.

3. Pour the cooled jelly over the fruit, then transfer the glasses to the fridge and leave to set (about 1 hr).

4. Meanwhile, put 250ml of the milk in a pan with the sugar and vanilla and heat until hot. Mix the remaining milk with the custard powder in a medium bowl to make a paste. Pour the hot milk over the paste, mix well and return to the pan. Stir over a gentle heat until thickened, then remove from the heat and leave to cool, stirring often to prevent a skin forming.

5. Spoon the cooled custard over the set jelly, then transfer to the fridge to chill. Serve decorated with the extra raspberries, mint and cinnamon.

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