



Mixed Berries Mousse



Serves
4



Prep
10 minutes,
plus chilling

Fruity and fabulous – you'll love this easy dessert!

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	120Kcal	6.1g	10g	6.2g	0.02g
RI%	6%	7%	14%	31%	0%

Method

1. Drain the cans of summer fruits, reserving the syrup.
2. Set aside about one third of the fruit for decoration, keeping it chilled. Mash the remaining fruit with a fork.
3. Put the jelly crystals into a measuring jug and add the boiling water, then leave for 2-3 minutes, stirring occasionally until dissolved. Make the quantity up to 500ml with the reserved fruit syrup. Add the mashed fruit.
4. Whip the cream in a chilled bowl until it holds its shape. Whisk it into the jelly mixture. Pour into 4 serving glasses and chill until set – about 2 hours.
5. Serve the desserts, topped with the reserved fruit and decorated with mint leaves.



Ingredients

2 x 290g cans Princes Mixed Berries in Light Syrup
2 x 11.5g sachets strawberry or blackcurrant sugar free jelly crystals
200ml boiling water
200ml double cream
Mint leaves, to decorate