

DESSERTS

There are many healthy desserts that you can make at home, such as fruit jellies...



*Select your fruit flavour ...
Prepare the fruit to go in it ...
Boil water ...
Add ice to cool before going in the fridge...
Serve with yoghurt or crème fraiche and add seeds or nuts.*



Preparation for an orange jelly with fresh orange slices and blueberries.



Blueberry and orange jelly with added yoghurt.

JELLIES



Raspberry and orange jelly with yoghurt and nuts.



Orange jelly with blueberries and yoghurt.



Lime jelly with grapes, peaches, crème fraîche and seeds.



Lime jelly with peaches, grapes and crème fraîche.

And just as with so many other dishes in the recipe library, it is what you can add such as nuts and seeds with this lime jelly that will make the healthy difference.

COMPOTES



A 'winter' compote of prunes, apricot and pear with orange.



Apple and prune compote with yoghurt and granola, plus grapes and a tangerine.



Pear and prune compote with fruit cake, grapes and yoghurt.



Black cherry compote, with yoghurt, oats and nuts, and chocolate chip biscuits.

FRUITS



There are so many wonderful fruits that you can enjoy at any time and with any meal.



A fresh fruit salad of blueberries, mango, orange and melon... any combination of fruit will make an enjoyable and nourishing dessert.



You can also mix almost any combination of fruits as a smoothie that suits your taste... just don't make them too sweet!



So why not have a dish of various fruits on the go all the time!