

# Creamy berry pudding



Serves: 6

## Time

Preparation time 15 minutes

Chilling time 3–4 hours



## Ingredients

- 1x 23g sachet of sugar-free raspberry jelly
- 125ml boiling water
- 300g tinned raspberries in juice
- 2 x 120g pots of low-fat Greek-style yogurt
- 250g fresh raspberries or strawberries, washed, hulled and cut in half
- redcurrants for decoration (optional)

## Method

1. Dissolve the jelly crystals in 125ml boiling water, pour into a mixing bowl and allow to cool slightly.
2. Add tinned raspberries and their juice to the liquid jelly and use a hand blender to whizz until smooth (sieve to remove any seeds).
3. Whisk the yogurt into the fruit jelly mixture and stir in half of the fresh raspberries or strawberries.
4. Pour the pudding into a glass serving dish or individual serving glasses. Place into a refrigerator to chill for 3–4 hours until set.
5. Decorate with remaining fruit pieces before serving.

## Tip

A tin of drained fruit could be used in step 3 in place of 200g of fresh raspberries or strawberries.