

A quick & guilt free snack for Capsicum...

****tickles****

Hi guys

I hate capsicum, but thought I'd share this with you all 🍌

My friend buys a few capsicums, washes and cuts them up and then bags all the pieces in air tight snap lock bags and then freezes them. She snacks on them frozen and says they taste delicious and are so refreshing!

~~~~~

## *A yummy dip recipe...*

BATMAN

A friend of mine gave me this recipe for a great dip, which I made tonight for a BBQ, which I served with celery sticks, carrot sticks, cherry toms, and the golden cherry toms. Of course you could use anything from capsicum, cucumber or whatever. But if your entertaining, and need a TF friendly nibble, try this -

1 tub low fat cottage cheese  
1 tablespoon french onion soup mix  
A good squeeze of fresh lemon juice

Blend the above together (I used a bamix) and presto.....

~~~~~

An alternative to chips-crisps

liteprincess

I was playing with an idea and it worked well.

Autumn Leaves

Bag of baby spinach leaves
Spray oil
salt or allowed flavouring of your choice

1. Preheat oven 200C
2. Spray flat baking sheet with oil
3. Place single layer of leaves, make sure the leaves aren't piled on each other.
4. Spray top of leaves with oil and sprinkle with flavouring
5. Place in oven for about 7 minutes (time will vary between different ovens)
6. They are done when they sound like Autumn Leaves (crunchy)
7. Let cool in tray and then either eat or put in airtight container.

Would be great to take to the movies.

Eggplant chips

Swee pea

Hi All you have all inspired me to get creative in the kitchen and I came up with Eggplant chips. Heres how it works;

Slice eggplant really thinly (the thinner it is the quicker it cooks and crispier it gets. Place in hot pan (mine is a non stick pan so no oil needed but I guess you could use a tiny amount of oil if you had to or spray on). Sprinkle a tiny itsy bit of lite salt on the top of each slice and flip them over after a little while. They get crispy on both sides and are a nice savoury change. It feels like you are being naughty but really its counting towards your 3 cups of vegies! he he he I was thinking you could probably do the same with zucchinis et

Avocado and Cottage Cheese Dip

sitallday

Avocado and Cottage Chees Dip

1/2 Avocado

1 small spanish onion

1/2 or 1 clove of garlic

1-2 teaspoons Low Fat Cottage Cheese

1 teaspoon of Balsamic Vinegar or 2-3 tespoons Juice of lemon

salt to taste

A dash of Olive Oil.

Add altogether in blender, mix until smooth texture!

Great with Celery or use ontop of chicken as a sauce!

Balsamic strawberries

Angie06 This is a great dinner party dessert! Wash and dry and then slice your strawberries into 3 slices. For a punnet of strawberries I would use 1 - 2 tablespoons of balsamic vinegar and (before TF equal amounts of castor sugar) but now replace the sugar with 1 - 2 teaspoons of Splenda and marinate for 1 hour.

Place strawberries in a small bowl and top with a **SMALL** scoop of carb modified icecream.

Of course this will take up both your "fruit" servings for the day as well as the extras allowance.

BEST DESSERT EVER - ice cream and cinnamon...

TayHay

I didn't get a photo of this as I ate it before hubby got the camera for me 🤪.

****Note:** You need to trade your fruit to have this - and as a treat, not every day!**

SERVES 1

Ingredients

- 2 scoops carb smart ice cream
- 2 DD Butter lollies with choc centre
- 2 cinnamon wafers (the low carb, low GI ones available at TW chemists)

Method

- Put the DD lollies in a small glad bag and whack with a rolling pin to crush them up
- Mix the crushed lollies into your ice cream
- Serve with the cinnamon wafers

Oh my goodness. It is amazing. Perfect for those not on a diet too - they'd never know



Caramel Microwave 'Baked' apples!

fruitsalad

Ingredients Per serve

- 1 apple
- 2 Sugarfree chewy caramels
- cinamon

Core your apple and place it in a microwave safe bowl. Stuff with the caramels, and dust with a little cinamon if liked. Place in microwave on high for about 2 1/2 min, or until apple is soft. (CAUTION VERRY HOT, Caramels will melt and may boil.)

Serve with a spoon full of philly if you like, (Hubby likes it that way) Or just as is, its delicious.



CARAMEL CINNAMON APPLE PRUNE BAKE

ms4off100

I'm not the best cook but threw this together the other night and it tasted really yummy.

Granny Smiths I think are best for baking
1 apple peeled and chopped into slices say in 8-10 pieces
2 pitted prunes - chopped up
generous sprinkle of cinnamon
1 double d caramel chew lollie

I just got a good piece of alfoil put the sliced apple on it sprinkled the cinnamon, then stuck the caramel in the middle and evenly put the chopped prunes on top.

Then I bundled it up into a sealed parcel and sat it in on a tray.

I guess you can use your own judgement as to how long to cook in your own oven but I had the kids chips 🙄 were in the oven at 210 degrees so I just popped it in at that temperature for about 10 mins then down to about 150 for 5 mins. My oven is fan forced.

I unwrapped the parcel put it in a nice dessert plate and spooned a tablespoon of Peters low carb icecream on top.

Bones (30/03/2007)

cheese cake filling and banana.

the allowed philly cheese portion (75g) I used light philly cheese
a half a juicy lemons juice
a couple of teaspoons of spoon sweetner

mix all together and eat with a chopped up banana

I would omit both servings of fruit for the day to have this 🍌

I hope you can cause it is soooooooooooooooooooooo good 😋

thanks for your answer in advance 😊

I would suggest that you have this no more than once per week, as the 75g of philly adds an extra 100cal/420kj to your daily intake. Philly is used as a last resort option when you are still hungry after you have eaten as much vegetables and diet jelly as you, however philly can occasionally be used in some recipes such as this or notatoes. TF Staff....

Chiffon Whip

sweetcheeks

Hi All,

I just have to share this 'new' idea with you all! 🤪 Last night I made a 'new' dessert using the jelly! 🤪 You make the diet jelly in the usual way or make your own with diet cordial.

Place the diet jelly in a bowl with around 150mls of hot water, if using diet cordial mix 1 tbsp of gelatin with 1 tbsp diet cordial, stir until completely dissolved - or you will get rubbery bits in the bottom - then top up to the 500mls, place in the fridge until nearly setting. Take out and beat with an electric hand beater for several minutes until the jelly is whipped into a foam and is around twice the volume, and is slightly firm - may take several minutes - then put back into the fridge to set again.

Absolutely delicious!!!! 🤪 My husband thought it was really nice too I nearly didn't want to share it with him...

I used to make something like this when I was little and when my mother let me have a go!

Cheers

Sweetcheeks 🤪

Chocolate Strawberries

misha70

- Strawberries
- Atkins Indulge Chocolate Bar

Melt chocolate and dip strawberries in and let set
1 bar will do 10 strawberries

Chocolate Raspberry Mousse

gettingthere!

Place 1 TF Chocolate Shake in blender with 200ml of water add 20 fresh or frozen raspberries (or other berries if you prefer) combine until smooth. In a small bowl or cup combine 3tsp gelatin powder in 60ml hot water, stir until dissolved. Add the gelatin mix to the blender and combine. Pour into a bowl or dessert moulds and refrigerate until set. Enjoy

= 1 meal + 2 serves of daily fruit allowance

CITRUS CRUSH YUM!

megrob

Hi I found this in my low carb cook book.

2 medium limes, cut into wedges
2 medium lemons, cut into wedges
1 Tab. artificial sweetener
1/2 Cup firmly packed mint leaves
4 Cups crushed ice
500ml diet lemonade

1. Using mortar and pestle, crush lime, lemon, sweetener and mint in batches until mixture is pulpy

2. Combine with crushed ice and lemonade in a jug. Stir and serve immediately.

delish baked apple stuffed with apricot...

Goldie13

Peel and cored an eating apple,
Stuff it with 3 diced dried apricots
Sprinkle with a touch of nutmeg.
Place in a ramekin and pour over 75ml of Sprite Zero.
Cover with foil and bake in a 180° C oven for 30 minutes or until soft.

Now for the best bit.....

Blend a drop of vanilla essence and $\frac{1}{8}$ tsp Splenda into a 40g mini tub of Light Philly and spoon half on top of the hot apple (hubby had the rest on his).

It was absolutely delish, almost like apples and cream!!! Next week if all goes well I think I'll try the same thing with a pear and a hint of ginger.

Robi

Exciting Jelly!!!

Sevvy

Hi Everyone,

I know I am slightly behind the ball on this one, it's sort of a mixture of ideas I found I suppose But its my SAVIOUR for those cravings. I am not a huge fan of jelly but this stuff is honestly great and looks fantastic. Its time consuming but definitely worth it. AND LOOKS FUN!

Ingredients:

1 Sachet Strawberry Aeroplane Lite Jelly (of course you can chose your faves)
1 Sachet Lime Aeroplane Lite Jelly
1 Sachet Pineapple Aeroplane Lite Jelly

2 cups Hot Water
2 cups Diet Lemonade

Method:

Pour 2/3 cup of hot water into a bowl and empty contents of 1st sachet of your choice to dissolve, stir well until no lumps of crystals remain. Let cool slightly. Then add 2/3 cup of diet lemonade and stir through slowing cos it sometimes fizzes up, but will go down.

Pour out mixture into a square low container (about 20cm by 20cm doesn't need to be exact) or a jelly mould, place into the fridge and let set.

After 2 hours repeat first step with the next colour, Layer it above the first layer and let set again for 2 hours and then add the last layer. This will make 3 even rows of each colour.

I start making this when I get home, and third layer is done before I go to bed so when I wake up in the morning its ready to turn out and cut it up into even cubes. It lasts me a few days.

You can have it on its own or have it with your fruit allowance from the allowed list or even have it instead of your fruit with carb-smart ice-cream.

For anyone who remembers (sorry to do this to all of you), when Pizza Hut had all you can eat dine-in restaurants (not many left), or I even think sizzlers had em, it was those red and green jelly cubes that gave me the idea, and because its less fluid its got a perfect consistency to cut up.

I Hope You Enjoy

Hot Apple and Cinnamon

mmmmmm..... hot apple & cinnamon! 😋 Sounds yummy! Thanx Froggie, I must give it a try! 😊

cut apple into wedges and nuke for 2 minutes and then sprinkle with cinnamon 😊 its so naughty feeling and warming for winter 🍷

Fun things with jelly and philly

Ms Demeanor

The other night I made some fun food 🤪

Special Destructions
1 packet of diet jelly
2 Serves of Philly light spreadable (room temp)
Enough hot water to melt jelly crystals
more cold water

Melt jelly crystals with hot water. top up with cold water enough to make 450 mls jelly. Chill to nearing set. Add philly and blend blend blend. Pour into bowls if desired. Chill again until set.

This is enough for **2 serves** of extras given the amount of philly.

You could halve this recipe for a single serve or pour it over other jelly as a layered dessert. Use your imagination 🤪

~~~~~

### *How do make mousses out of shake sachets?*

TalkingSeal I was just wondering how do you make a mousse out of the shake sachet? I've heard you add 100 ml of frozen water, is this right?

Thanks 😊

Froggie 100mls very cold water and then pop into the freezer for a little while ( I think) do a search with the top button using the word mousse and see what comes UP 🤪🤪🤪🤪

tigana **I use about 100mL of icy cold water and blend with a bamix/stick mixer; it thickens quicker then. I put it in the freezer for about 15-20 mins so it's icy around the edges but still gooey in the middle and then blend it up again, sometimes with fruit.**

~~~~~

Icecream.

Jeni11

F you can go without fruit for the day than try mixing the I C E C R E A M with pulverised strawberries, passionfruit, blueberries, whatever fruit your allowed that appeals to you.

but keep in mind:

icecream (as per serve in book) = one allowance of fruit

mixed with another fruit = you 2 serves of fruit for the day.

if you get what i M E A N.....

good luck...!

~~~~~

invertigofreak

### *A couple of dessert suggestions:*

Banana - slice it in half lengthways, and lightly cook it in a frying pan (I used a skillet)... Pop it in a plate and top with a scoop of ice cream - kinda like a banana split

Take a couple of sugar free wethers and smash them up a bit. Mix with a scoop of softened icecream and then pop back in the freezer for 10 minutes to set it again... Now you have butterscotch icecream

~~~~~

Mallyfleas Jelly Cubes

2 cups boiling water

1 packet diet jelly crystals (I use Weight Watcher)

and...

1 single sachet gelatine **or** 3 extra teaspoons gelatine powder

Make jelly as directed on the packet add extra gelatine and stir until fully dissolved, pour into a square or rectangle tray.

Allow to set and then cut into cubes

Store in the fridge in a sealed container

Eat as much as you like

~~~~~

### *"Jellymellows"*

Krisso

I made what i call Jellymellows i fond the recepie on here so credit to invented them but i found the cheats way of cooling them down.

The recipe is : 1 sachet of diet jelly, 2 Tablespoons of gelatine and 3/4 of a cup of boiling water.

the trick is you whip the air into it and as it cools, it becomes fluffy but it takes about 20 mins for it to cool. so what i did was put some cold water in a saucepan and sat the container/bowl in it so it would cool quicker. Then you whip it every couple of mins with a stick blender or similar untill it starts to hold soft peakes then simply place dollops on to a tray and pop into fridge they are ready to eat in 5 mins!! Just like marshmallows. congrats to whoever thought of it. kids love them too!!

~~~~~

Marshmallow jelly thanks

Spongebob Thanks for the people who posted the jelly into marshmallow recipe, I gave it a go with the strawberry jelly sachet I had left. I then wanted to try a vanilla one, but when I found the splenda it was empty, so I used diet cordial instead, and made fruitcup flavoured marshmallows.

For the cordial recipe I used

1/2 cup boiling water & 5 tablespoons gelatine mixed together to dissolve the gelatine. Then added 1/2 cup diet cordial and mixed it around. Then used the whisk attachment on my stickblender to beat air into it until it got all thick and marshmallowy. Then I put spoonfuls onto a tray, and they set in the fridge quite quickly.

Has anyone experimented with water, splenda, gelatine and vanilla? I think it might work and taste like a normal marshmallow. My daughter (on TF) is intolerant to diet jelly/diet cordial (too many additives in them, and they make her very mean/moody), so I want to try making one without food additives).

Ribena light (low carb) would make good jelly mallows, but unfortunately that makes my daughter mean too.

~~~~~

## *MARSHMALLOW SURPRISE*

megrob

### **MARSHMALLOW SURPRISE**

ARTIFICIAL SWEETNER EQUIVILANT TO 1 1/2 C SUGAR(I USED SPLENDA)

1/2 C COLD WATER

BEAT FOR 4 MINS WITH ELECTRIC BEATER

IN A SEPERATE BOWL DISOLVE 4 t OF GELLOTINE WITH 1/2 CUP OF BOILING WATER

COMBINE BOTH MIXTURES TOGETHER AND BEAT ON HIGH FOR ABOUT 10 MINS UNTIL IT BECOMES REALLY FLUFFY.

ADD VANILLA ESSENCE

SET IN FRIDGE FOR A FEW MINUTES

I CUT UP A BANANA AND PUT IT IN A SMALL PIE DISH AND PLACED A DOLLOP OF MARSHMALLOW ON TOP BEFORE I SET IT IN THE FRIDGE.

~~~~~

Marshmellow Madness

Suzikatz

I just made this yummy recipe off one of the recipes from the site and it was great, I added 1 other ingredient though.

Here is the ingredients: 🍷

2 sachets of equal sugar

2 sachets of jelly - diet - any flavour

2 cups of hot water

6 level desertspoons gelatine - must be level 😊

disolve all the jelly and gelatine and equal sugar thoroughly for about 5 mins with a spoon stirring and water must be hot from electric jug. 🍷

Grab a electric mixer and start mixing it up, (in a large bowl) this will take about 10-15 mins. Yes its abit of time, but its worth it. Make sure the speed is on full. 😊 Also make sure to place a large tea towel around your front as this stuff does do abit of splattering

Rhubarb and Strawberry Compote

mistyasher

Ingredients

6 cups chopped rhubarb
2 sachets sugar substitute
1/2 tsp fresh grated ginger(optional)
1/2 cup water
1 punnet of strawberries or 2 bananas or 2 apples

Method

Simmer rhubarb with sugar, ginger and water for 5-7 minutes. Cool.
Add sliced fruit and served chilled.

Heart Foundation Recipe 1982

~~~~~

## *Rhubarb Mousse*

### **A Suggestion Emailed to us by a Customer**

WoodyB

Hi All,

A fellow Tfer has emailed us this suggestion and asked us to share it. He stews up some rhubarb (unlimited) and apple with a couple of sweetners and adds it to the vanilla sachet but makes it as a mouse..... sounds pretty good to me and it also sounds like it would be more filling than a normal mousse made from the sachets.

Kind regards,

WoodyB 😊

Tony Ferguson Staff

~~~~~

Rocky Road Ice Cream

misha70

- Peters Low Carb Ice Cream
- Port Wine Jelly (made up using only half the required water, then cut into cubes)
- Atkins Endulge Chocolate Bar (grated or chopped into small cubes)
- Cherries (diced)
- Almonds (finely chopped)

Mix all ingredients together and then serve and enjoy!

All ingredients are approved but only have 1-2 scoops at a time as you will have to forgo all other fruits and snacks for that day.

~~~~~

## *Brownies*

Thanks to the groundbreaking post on how to make shakes into brownies by gigi\_a\_go\_go i have discovered heaven....

I mixed a mocha shake with only 40 mls water (just with a fork) in a rammikin dish then into the oven (200 Degrees) for about 15 mins and then left it to stand for ages so it went hard then i melted two 'Double D' Caramel Chews in the microwave and poured it over my brownie (gotta be quick before the caramel sets) then i just slipped a knife down the sides of the rammakin and lifted out my gorgeous, tasty, better than sex brownie! YUMMMMMMMMM

Here it is fresh out of the oven (a bit puffed up, it shrinks unfortunately)



Drizzled with melted caramel chews



It doesnt look like Jamies Kitchen material but it sure is tasty!

## *SNOW CONES!*

Dellska

well, i've discovered something great! (well my mum did)

my mum bought me a snow cone machine! its really good and easy to use, i just have a huge bowl of ice and put some diet soft drink in, or some diet cordial and it tastes just as good as a real snow cone!

its ice, so its not bad for you

AND your crunching a lot so your burning calories from so much mouth movement (hehe) it also goes well with the shakes!! its really neat, i just make sure i have heaps of ice in the freezer and make a snow cone when im bored or hungry it'll be really good now that summer is coming up haha i sit and watch tv and freeze cos i eat lots of ice now haha anyway, i recomend it!

---

## *Sparkling Jelly....*

I always make up our jellies with 1 sachet jelly, 1 cup of boiling water and 1 cup of Zero lemonade. Maybe not everyones taste! but makes a nice change to just plain water.

Try making the dark cherry & orange with dry ginger beer, its very refreshing if you like ginger. Low cal of course. Thanks

---

## *Sparkling Raspberry Jelly*

Gaye

I read some of the posts where some people used diet lemonade or diet caffeine free coke with their jelly sachets so I took the idea and today made up aeroplane diet raspberry jelly and used Diet Rose with a little hot water first and it's really yummy and sparkly!

Klutzy

Glad you enjoyed it, I lived on it for the first few weeks, can't be bothered much now but it's good to know I can have it if I need something extra.

Klutzy Sick of plain jelly? All Jellied out? Try this for a different twist.

## *Sparkling Jelly*

Make up Diet Jelly with one cup of boiling water, stir until dissolved. Cool a little, then add one cup of diet lemonade, stir & refrigerate till set.

weisserin I made up the peach and apricot one with waterfords diet apple and raspberry... yummo!

---

*Yummiest jelly ever!!!*

gigi\_a\_go\_go

Okay, not the biggest fan of the diet jellies, but i swear i could eat this all day...

1 pkt weight watchers Cherry Jelly, dissolve in a little hot water.  
300mls Caffiene Free Diet coke, stir in once disolved and fridge till set!

Omg CHERRY COLA SPARKLING JELLY!!! 🍷🍷🍷🍷🍷  
It is really flavourful and the sparkles really cut through the jelly texture.

I have lots of recipes to post once i finish all my work this week - yum!

Princess\_K I have made all my jelly's on diet lemonade.. the sprite zero i find the best as it is not as sweet as the cheap ones.

---

*here is a desert idea*

Dot  
try this

1 small tub cottage cheese  
1 cap full of vanilla essence  
1 tea spoon of powder sweener (i use splender)  
place everthing in a food processor and mix untill smooth ( mine goes shiny aswell)  
taste you may want to add essence or/and sweetner  
this is nice on jelly, or with apple, pear, strawberrys, stewed apples cooked with a hint of cinnamon  
cottage cheese is allowed on the program  
(i have'n tried creamed cottage cheese but i know this one works)

---

*lemon Cheesecake*

agua



- **10 shredded** wheatmeal biscuits
- **2 tbsp** polyunsaturated margarine
- **100ml** lemon juice
- **1 tbsp** gelatine
- **200g** ricotta cheese
- **150g** lite Philadelphia cream cheese
- **2 tbsp** Equal Spoon for Spoon
- **1 tsp** grated lemon rind
- **1 egg** white

Line the base of a 20cm springform tin with foil. Spray the base and sides lightly with canola oil spray.

Place the biscuits and the margarine in a food processor and process until well combined. (Alternatively, crush the biscuits in a plastic bag with a rolling pin, and then mix through the melted margarine).

Put the mixture into the springform tin and press mixture down well and evenly over the base. (Use the base of a clean jar, pressing firmly on the biscuit mix, to give an even surface). Refrigerate while you prepare the filling.

Heat the lemon juice and sprinkle with the gelatine. Stir well with a fork. Cool. Whisk the ricotta cheese, Philadelphia cheese, Equal Spoon for Spoon and lemon rind together until smooth. Swish the gelatine mixture. Beat the egg white until stiff peaks form, then fold into the cheese mixture.

Pour evenly over the crumb crust, smooth the top evenly.

Refrigerate until set.

~~~~~

Baked Ricotta cheesecake???

gotta_get_thin

Looking at that recipe I can't see why it couldn't be adapted- take out the base, serve in ramekins

- **100ml** lemon juice
- **1 tbsp** gelatine
- **200g** ricotta cheese
- **150g** lite Philadelphia cream cheese
- **2 tbsp** Equal Spoon for Spoon
- **1 tsp** grated lemon rind
- **1 egg** white

Heat the lemon juice and sprinkle with the gelatine. Stir well with a fork. Cool. Whisk the ricotta cheese, Philadelphia cheese, Equal Spoon for Spoon and lemon rind together until smooth. Swish the gelatine mixture. Beat the egg white until stiff peaks form, then fold into the cheese mixture.

Refrigerate until set

I'm thinking if I make it and share it with my husband it will work out to be

three-quarters of a protein serve (equal to 100g ricotta, and half an egg white)

and 75grams of philly would be a snack- or substituted for fruit...

hmmm I'm going to ask the staff if you haven't

~~~~~

### *To Die for Pancakes*

**nofatnick**

Hello Everyone,

Just wanted to share our weekend breakfast with you all.

My husband and I are both doing the program and we have been trying out a few of the ideas for pancakes. Having found that they can be tricky to flip and that they burn quite quickly my husband came up with this:

mix shake with 50mls water, add 2 teaspoons simply fibre, add one egg and whisk. Cook in frypan using a little olive oil spray to grease pan. The pancakes are very fluffy this way and so delicious. From one shake you get approx 6 small pancakes. Just make sure that you allow the egg in your protein count.

We have tried chocolate, banana and french vanilla. The chocolate and vanilla i topped with some cinnamon powder and some splenda. My husband had his vanilla with lemon and splenda and the banana with a mashed banana and some cinnamon.

These are not TF 100%

but are fine for those with a BMI higher than 40

~~~~~

Layered Icecream Cake

kalindab

use peters allowed icecream take it out of freezer let it sit tills its soft "not defrosted" divide into 3 portions colour each to your preference and flavour with cake flavour of your preference layer in a mould I use an old fashioned tuperware jelly mould with change able bottom discs my mum owned one she wouldnt give to me lol so I got one on ebay \$3 once thats done refreeze and unmould (might need to """"quickly"""" dip in hot water or line mould if it isnt intricate with paper or cling film)

viola Icecream cake you can eat

~~~~~

### *OMG - Blueberry Jellymellows*

Eat as many as you like - almost No carb's.

This recipe is one we found in the wonderful forums: 1 sachet of diet jelly, 2 Tabs of gelatine and 3/4 of a cup of boiling water. Mix jelly & gelatine together, add boiling water and beat until stiff peaks are formed. Whip air into it as it cools, it becomes fluffy and it starts to hold soft peaks (it takes about 20 mins to cool - My 13yr old (Kirri) made these while watching telly & got up every ad break until the mix was right).

Note: Don't over- whip these if you are going to put them into moulds or they'll be too hard to get in.

Kirri came up with the idea of pouring the mix into silicone chocolate moulds. Put in fridge until set. When you push the marshmallow out of the moulds (very carefully) you will find that a jelly layer has formed on the marshmallow.

Kirri was so excited with the success of these, that she came up with the idea of placing a blueberry in the base of the mould, the jelly sets around the blueberry and holds them on.

Best of all, the blueberry does a great job of masking the artificial flavour of the diet jelly.

Refrigerate in an air tight container, if you can resist eating them all !

Silicone Mould  
Jellymellows & Blueberry Jellymellows

Pushing out the Jellymellows



~~~~~

Tomato Salsa

Loub
good as a dip or as a salad.

Tomatoes, chopped finely.
Red onion, chopped finely.
Red chillies (however many you like, i like it nice and hot!!)
Coriander leaves, chopped.

Mix all together and season with a little bit of salt, pepper and some lemon juice or PN original salad dressing (needs to have some acid in it.

thats it, nice and easy and really tasty.