

Jelly & Ice Cream Recipe suggestion

Serves 1 (193kcal, 22g protein per serving)



Ingredients*

- 1 cup of ProSource Jelly (ProSource Jelly does not need to be refrigerated; however, we recommend serving cold)
- 1 scoop of vanilla ice cream
- Any additional toppings, such as fruit, nuts or broken biscuits

Method

Step 1

Empty 1 cup of ProSource Jelly into a bowl

Step 2

Add 1 or 2 scoops of Vanilla ice cream

Step 3

Top with any additional toppings and enjoy!

Note: ProSource Jelly is available in Fruit Punch, Blackcurrant, Orange and Lime flavours.



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.