

Jelly Sundae Recipe suggestion

Serves 1 (627kcal, 23g protein per serving)



Ingredients*

- 1 cup of ProSource Jelly
ProSource Jelly does not need to be refrigerated; however, we recommend serving cold
- 3-4 fresh strawberries (40g)
- 1 meringue nest
- 100ml double cream, whipped
- Optional extras: additional fruit, yogurt, nuts or broken biscuits.

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

Method

Step 1

Empty half a cup of ProSource Jelly into a tall glass (or bowl if preferred)

Step 2

Cut up and add half the strawberries

Step 3

Add half the whipped cream

Step 4

Repeat step 1 to 3 with the remaining ingredients



Serving suggestion

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