

Friday: Knickerbocker Pouree

Ingredients

- 2 tbsp of sugar free strawberry jelly
- 1 scoop of vanilla ice cream
- 1 tbsp of tinned peaches
- 1 tbsp mandarin oranges
- Handful of raspberries
- Chunk of kiwi
- Some sliced banana
- 1 tsp dried pear or other dried fruits
- 1 tbsp frozen grapes
- 4 tbsp skimmed milk (optional splash of vanilla extract)
- Squirty cream



Method

- 1 Spoon your jelly into the bottom of your glass.
- 2 Add the vanilla ice cream.
- 3 Now add your fruits. Start with the peaches, then mandarin oranges and raspberries.
- 4 Add the dried pear or other dried fruits, followed by the banana and then frozen grapes.
- 5 Finish with some toppings of your choice.

