

Fresh orange wobble

Ingredients

2 ½ cups freshly squeezed orange juice

4 tsp. powdered gelatine

2 medium oranges

½ cup seedless white or black grapes

Method

1. Spoon 4 tablespoons of the fruit juice into a small bowl. Sprinkle the gelatin over and leave to soak for 5 minutes. Place the bowl over a pan of near boiling water, leave for 2-3 minutes and then stir until the gelatin has dissolved. Cool for 5 minutes then stir the dissolved gelatin into the remaining orange juice in a jug.
2. Peel the oranges removing the white pith, then cut into segments between the membranes (do this over a bowl to catch the juice) Divide the orange segments between four serving dishes. Share out the grapes as well, then pour over the jelly. Fruit will float to the top. Chill in the refrigerator for at least 3 hours or until set.

Recipe: healthy meals for healthy kids