

Strawberry Fool



Ingredients



1 strawberry
sugar free jelly



350gms strawberries



500gms low fat
fromage frais

Utensils



Bowl



Jug



Bowl



Knife



Fork



Colander

Method.



Wash strawberries with water.



Cut out stalks.



Dissolve jelly in 75ml boiling water.

Let it cool.



Add 75ml cold water.



Mash strawberries.



Add jelly.



Put bowl in fridge for 2 hours.



Take bowl out of fridge and stir mixture.



Add fromage frais.



Mix.



Pour into bowl.



Put in fridge for 2 hours.

Produced by Donna Dawson, Accessible Information Officer,
Equally Well Team, NHS Grampian.
Acknowledgements to Confidence to Cook and Willowbank Day Centre.

[confidence to cook](#)

