



Raspberry & Strawberry Water Kefir Probiotic

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Ingredients:

1.	1 cup of fresh or frozen raspberries	4.	1 cup of cold water
2.	0.5 cup of fresh or frozen strawberries	5.	Gelatin to set 4 cups of fluid
3.	1 cup of water kefir	6.	A squeeze of lemon juice (optional)

Method:

1. Gently heat the berries in a saucepan until they are very soft. You may need to add a dash of water to stop them from sticking to the bottom of the saucepan
2. Whilst the berries are softening, completely line a deep-sided baking tin with cling film ensuring you leave quite a bit hanging over the sides. Lining the baking tin makes it easier to lift out the probiotic jelly once they have set. I use approximately a 22cm x 22cm square baking tin.
3. Once the berries have softened, you will need to blitz them with a blender or mash them with a fork until smooth.
4. Into the blitzed berries add the cold water first and then the water kefir, gelatine and then blitz until well blended and then pour into the lined baking tin.
5. Put the tin into the fridge until it sets which will take a couple of hours, then take out and cut into bite size pieces.

Note:

I have used fruit low in sugar and have not added any sugar to these probiotic jellies, however they will still contain some sugars due to the berries.