



**DESSERT IN A GLASS**

**Makes 6**

**105kcal per glass**

**Prepare the day before and assemble the following day!**

**So handy to have in the fridge for a sweet, healthy hit!**

**INGREDIENTS:**

- 1-pint sugar free jelly (1 used two sachets)
- Cooking apples 3
- Frozen berries
- Custard 1/2 pint
- Cadburys flake snack size x 1 bar

**JELLY**

- Make the jelly.
- Divide between 6 glasses and refrigerate overnight

**FRUIT**

- Chop 3 cooking apples and stew in some water and 1 tsp cinnamon. Leave overnight to develop flavours and to release natural sugars and sweetness.



### **CUSTARD**

- Prepare the custard (I used birds' eye and made 1/2 pint using 2 tbsp of custard powder, 1 tbsp sugar and milk) readymade alternatives also out there! Leave overnight

### **TIP**

- Add 1-2 drops of vanilla essence to the stewed fruit if you would like more sweetness.
- Add some natural yogurt on top

**The next day divide the stewed apple between glasses.**

**Do the same with custard.**

**Top with some crumbled Cadbury flake**