

Chocolate Milk Jelly Cups

GREEN ACT/SA
Everyday NSW

Makes 5 serves

Ingredients:

- 2 teaspoons of gelatine powder
- 500ml chocolate milk

Method:

1. Heat 200mL chocolate milk in the microwave for 1½ minutes.
2. Stir in gelatine until completely dissolved.
3. Add remaining 300mL chocolate milk.
4. Pour into 100ml cups, cover with glad wrap and refrigerate until solid.

Variations: Try using strawberry, caramel or banana flavoured milk

Tips:

- Gelatine powder is best soaked in cold water first then gently heated until it has melted.
- This is a great recipe to use if you have over-ordered flavoured milk in your canteen.

Nutrition information:

	Per serve (102g)	Per 100g
Energy (kJ)	294	288
Protein (g)	5.3	5.2
Fat – total (g)	1.7	1.7
Fat – saturated (g)	1.1	1.1
Carbohydrates – total (g)	8.3	8.1
Carbohydrates – sugar (g)	8.3	8.1
Sodium (mg)	63	61