



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Complan Jelly Cream

Ingredients

1 pint packet jelly

4 heaped dessert spoons Complan (a flavour that blends with the jelly)

Method

Make the jelly in the usual way and leave until cold by not set.

Mix Complan with a little cold jelly to make a smooth cream.

Blend mixture into jelly, stirring slowly all the time.

Pour into four individual moulds or dishes and leave to set.

