



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

## Frozen Fruit Mousse

### Ingredients

Best fruits to use: Fresh, tinned or frozen raspberries, strawberries, apricots, peaches, plums, blackcurrants and rhubarb.

$\frac{3}{4}$ lb fruit

3 - 4 oz sugar

$\frac{1}{2}$  pint whipping cream or small tin of evaporated milk, chilled

1 teaspoon gelatine

### Method

If using firm fresh fruit, stew in a little water until soft; drain and make into a thick purée in the blender or by sieving; add sugar to taste.

Dissolve gelatine in a little hot water; stir into the fruit and cool in the fridge.

When just beginning to set, whisk well.

Whip the cream or evaporated milk and fold in the fruit; pour into individual dishes and freeze.

