



Smoothie jellies with ice cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



67 min.

SERVINGS



12

CALORIES



132 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 sheets gelatine
- ☐ 1l cranberry-orange relish (we used Innocent)
- ☐ 500 ml vanilla ice cream such as & black's green (you might not need it all)

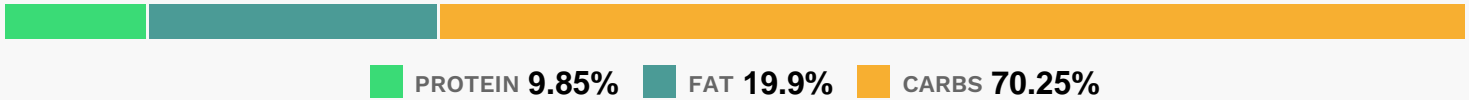
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ measuring spoon

Directions

- ☐ Put the leaf gelatine into a bowl and cover with cold water. Leave for a few mins until soft and floppy. Meanwhile, gently heat the smoothie in a saucepan without boiling. Take off the heat. Lift the gelatine out of the water, squeeze out the excess water, then add it to the smoothie pan. Stir well until smooth, then pour into 12 moulds, pots or glasses, or use 24 shot-glass-sized pots. Chill for at least 1 hr to set.
- ☐ For perfect mini scoops of ice cream, dip a tbsp measuring spoon into a cup of hot water, then shake off the excess. Scoop the ice cream, dipping the spoon in the hot water each time.
- ☐ Serve each smoothie jelly topped with ice cream.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:7.07347828020222%

Nutrients (% of daily need)

Calories: 132.1kcal (6.61%), Fat: 3.14g (4.83%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 16.13g (5.87%), Sugar: 14.24g (15.82%), Cholesterol: 10.23mg (3.41%), Sodium: 43.83mg (1.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Fiber: 8.81g (35.23%), Vitamin C: 25.08mg (30.4%), Vitamin A: 1155.24IU (23.1%), Vitamin B2: 0.17mg (9.77%), Potassium: 335.7mg (9.59%), Phosphorus: 81.33mg (8.13%), Iron: 1.36mg (7.57%), Magnesium: 27.58mg (6.9%), Vitamin B3: 1.27mg (6.37%), Copper: 0.1mg (4.92%), Vitamin B6: 0.09mg (4.72%), Calcium: 40.28mg (4.03%), Folate: 13.1µg (3.28%), Selenium: 1.31µg (1.87%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.14mg (1.36%)