

# Raspberry and Rose Jellies

Inspired by a recipe from Scarlett Willson at [www.culturedbaby.com.au](http://www.culturedbaby.com.au)

2-cup jug  
blender  
metal sieve  
medium saucepan  
metal whisk  
silicon spatula  
measuring cups and spoons  
3 silicon chocolate mould trays  
OR a glass baking tray

## METHOD

## INGREDIENTS

1. In the 2-cup jug, **measure**
2. **Top up** to the 2-cup mark with
3. Pour into the blender and blend until smooth.
4. Pour into the saucepan through a sieve to remove the raspberry seeds.
5. Whisk in
  - 1/4 cup grass fed **granulated gelatine**
  - 1/4 cup **maple syrup or raw honey**
  - 1 – 3 tsp **rosewater** (optional)
6. **Let stand** for 10 minutes to allow the gelatine to “bloom”.
7. While **stirring** with the silicon spatula, **heat** slowly on the stove top until smooth, runny and just warm, not boiling. (There should be no visible gelatine granules.)
8. **Transfer** to the jug and **pour** the mixture into the moulds or tray.
9. **Refrigerate** for at least 2 hours until set.
10. If using silicon moulds, **unmould** or if using a tray, cut into squares and coat with **fine arrowroot** (optional)
11. **Store** in a covered glass container in the refrigerator for up to one week.

