

Jelly Good

Brighten the Lunar New Year festivities with this refreshing, tangy dessert.

Mandarin
orange jelly

SERVES
3



Follow these steps



1. Peel and separate mandarin orange segments. Cut into smaller pieces if preferred. Place into jelly mould.



2. Boil 300ml water in a pot. Stir in konnyaku jelly powder until it dissolves.



3. Pour jelly mixture into the mould and set aside to cool.



4. Chill in refrigerator for a few hours or overnight before serving.

Make It Count

Use smaller jelly moulds to practise **simple math concepts**. Transfer the jelly mixture to a measuring cup to make pouring easier. Get your child to divide the mixture equally into the moulds and count the orange segments for each portion.

→ WHAT YOU'LL NEED

- 2 mandarin oranges (or more, depending on size and preference)
- 1 packet konnyaku jelly powder (120g)



Mandarin oranges



Konnyaku jelly powder

Fruit For Thought



➤ **Orange and yellow fruit** such as oranges, papayas and pineapples, and vegetables including carrots and yellow capsicums, contain vitamin C and beta-carotene. These promote healthy vision and improve immune function.

Find out more at www.healthhub.sg/programmes/56/fruits-and-veggies