

## **CALORIE CONTROL RECIPES**

### **DESERTS**

#### **Berry Terrine – serves 6-8**

¼ cup sugar

1 ½ cups water

1 Tbsp gelatine

1 Tbsp lemon juice

5 cups seasonal berry fruit (strawberries, blackberries, raspberries, blueberries)

Dissolve sugar in water, sprinkle with gelatine and mix well. Add lemon juice. Layer the berries in a 7 cup capacity loaf tin. Pour the gelatine mixture over and pack well so all the berries are covered. Refrigerate for 3-4 hours or until set. Place loaf tin in hot water for 5-10 seconds to loosen from the mould, then turn over onto a platter. Serve sliced.