

Jelly Slice



Serves	24
Prep time	3 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Picnic

Ingredients

- Canola oil spray

Base:

- 1 packet Milk Arrowroot biscuits, 250g (or other suitable plain sweet biscuits)
- 170g butter or Nuttex (melted)

Filling:

- 1 tin skim condensed milk, 400g
- 3 teaspoons gelatine (See Notes)
- 1/4 cup water

Filling: (Optional)

- 3 tablespoons lemon juice substitute (Refer to Basics Page)

Jelly:

- 4 cups Schweppes preservative-free lemonade (See Notes for alternatives)
- 6 teaspoons gelatine (See Notes)

Jelly: (Optional)

- Hoppers Natural Food Colours

Directions

1. Line a tray 27 x 22 cm and 4.5 cm deep with aluminium foil, leaving enough overhang on the sides to be able to lift the slice out at the end. Lightly spray with the oil.

Base:

2. Finely crush the packet of biscuits and combine with the melted butter or Nuttex.
3. Press the biscuit mixture firmly into the lined tray.
4. Place the tray in the fridge and allow to set for about 30 minutes.

Filling:

5. In a medium bowl combine the condensed milk and lemon juice substitute (if using). Set aside.
6. Dissolve 3 teaspoons of gelatine in 1/4 cup of water in a small saucepan and bring to the boil over low heat. Allow to boil gently for 2 - 3 minutes, stirring occasionally.
7. Add the gelatine to the condensed milk and blend well.
8. Pour the condensed milk over the biscuit base and return the tray to the fridge for an hour, or until set.

Jelly:

9. Dissolve 6 teaspoons of gelatine in 1 cup of lemonade in a small saucepan and bring to the boil over low heat. Allow to boil gently for 2 - 3 minutes, stirring occasionally.
10. Pour the remaining lemonade into a medium sized bowl and add a few drops of natural food colouring (if using).
11. Add the gelatine mixture to the lemonade and combine well.
12. Pour the jelly over the set filling and return the tray to the fridge for an hour, or until set.

Serving:

13. Once the jelly has set, lift the slice out of the tray and cut into 24 slices.

14. Store in an airtight container in the fridge until ready to serve.



Note

Low Chemical / Moderate Salicylates

Refer here for the [lemon juice substitute recipe](#). If you are limiting or avoiding citric acid this can be left out.

Most gelatine contains preservative 220, however this can be boiled off as I've done in this recipe. Very sensitive people may still have a problem with this.

Natural food colours contain very high levels of salicylates, however as the colouring is used in such a small amount, it may be suitable to use for those who can tolerate moderate levels of salicylates, or as an occasional treat. An orange coloured jelly can also be made by soaking a few threads of saffron in the lemonade before adding the gelatine.

Lemonade contains some salicylates but is usually OK for most people. You can use any other liquid as an alternative to the lemonade, such as magic cordial, pear syrup or sugar syrup. The jelly used in this recipe is a double quantity of my [lemonade jelly recipe](#); you can also use double quantities of my [paw paw jelly](#) or [pear jelly recipes](#).