

Lemonade Jelly



Serves	4
Prep time	1 hour, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Picnic

Ingredients

- 3 teaspoons gelatine (See Note)
- 2 cups Schweppes Preservative Free Lemonade

Directions

1. Dissolve the gelatine in 1/2 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.
2. Add the remaining lemonade and stir well.
3. Pour into four individual jelly moulds or a medium sized bowl and place in the fridge to set, about 1 hour.



Note

Moderate Salicylates, Low Amines, Low Glutamates

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.

Lemonade contains some salicylates.

To add some colour to the jelly, soak a few saffron threads in the lemonade before making the jelly, or use a few drops of Hoppers Natural Food Colours.

The basis for this recipe is the Jelly Cups recipe in [The Failsafe Cookbook](#).