

Paw Paw Jelly



Serves	3 or 4
Prep time	1 hour
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Picnic

Ingredients

- 1 tablespoon Gelatine
- 100ml Hot water
- 1 tablespoon Brown sugar
- 1 cup Paw Paw (chopped)
- 400ml Syrup from pears in syrup

Optional

- Fruit (red/golden delicious apples, bananas, pears) (peeled and chopped)

Directions

1. Combine the gelatine, hot water and brown sugar in a small saucepan and bring to the boil. Boil for 5 minutes. This will remove the sulphates from the gelatine.
2. Add the paw paw and 100ml of the syrup to a food processor and process until puréed.
3. Add enough syrup to the paw paw purée to make up 400ml. Add the gelatine and mix through.
4. Place some fruit (optional) in the bottom of 3 or 4 jelly moulds or small bowls then pour in the jelly mixture.
5. Place in the fridge to set, about 1 hour.

Note

High Amines, Low Salicylates, 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.

Optional - use different types of fruit to place in the bottom of the cups:

- Bananas (moderate to high amines)
- Red or Golden Delicious apples (moderate salicylates)
- Pears