



Preparation time: 45 minutes Serves 4

Orange Mousse

This light and refreshing dessert is redolent with the fragrance and tangy sweetness of oranges. Use only the freshest oranges of the best quality you can find to make this dessert worthwhile!

INGREDIENTS

Oranges	4, medium-sized + 1, peeled, diced into cubes and grated for zest
Egg	1, medium
Maltitol	25 g (1 oz)
Low-fat plain yoghurt	100 g (3½ oz)
Powdered gelatine	1 tsp
Hot water	1½ Tbsp

Topping

Instant jelly powder	1 tsp
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METHOD

- Slice off the tops of 4 oranges and set aside to be used as lids. Scoop out flesh and seeds to create moulds. Discard seeds. Blend flesh to extract about 150 ml (5 fl oz / ⅔ cup) juice and set aside.
- Prepare topping. Combine jelly powder, half of orange juice and 1 tsp zest in a pot and bring to the boil. Reduce heat to low and stir constantly until jelly powder has dissolved completely. Remove from heat and set aside.
- Crack egg into a mixing bowl and add maltitol. Beat together until creamy, then add remaining juice and zest and mix well. Add yoghurt and diced orange and mix well. Set aside.
- Mix gelatine with hot water until completely dissolved. Pour into orange mousse mixture and mix well. Pour mixture into orange moulds and leave aside to set and cool. (or refrigerate until set?)
- Boil the ingredients for topping and pour on to the top of the set mousse. (please verify if this step needs to be done again.) Pour topping over mousse, then refrigerate and leave to set for 3–4 hours before serving.

Per serve

Calories	115 kcal
Carbohydrate	15.2 g
Fat	2.1 g
Cholesterol	47.9 mg
Fibre	2.8 g