

berry mousse

Fruity and creamy, Berry Mousse makes a “berry delicious” dessert or treat.

shopping list

(Makes: 4)

6 scoops Sustagen® Instant Pudding Vanilla

240mL water

1 cup fresh or frozen raspberries (defrosted)

1 tablespoon icing sugar

1 cup plain Greek yoghurt

Extra raspberries for decoration

to make

(Preparation time: 10 minutes)

- 1/ In a bowl whisk Sustagen® Instant Pudding and water.
- 2/ Lightly crush raspberries with a fork and stir in sugar. Fold raspberries and yoghurt into pudding mix.
- 3/ Spoon mixture into serving dishes, decorate with extra raspberries and serve.

helpful tips

Storage: Cover with plastic film and keep refrigerated for 2 days.

Freeze: Not suitable.

Gluten Free: This recipe is gluten free. Use gluten free pure icing sugar.

Nutrient	Per Serve
Energy	1010kJ
- Calories	241Cal
Protein	8.0g
Total Fat	10.1g
- Saturated Fat	5.7g
Carbohydrate	27.9g
- Sugars	23.5g
Dietary Fibre	2.2g
Sodium	316mg
Calcium	261mg

Other berries or a mixture of berries can be used.



Hospital Formula
SUSTAGEN

Recipe Nutrition

- ✓ Good source of calcium
- ✓ Contains fibre
- ✓ Delicious summer dessert