

Fromage Frais Creams with Red Fruit Compote

Fromage Frais Cream Ingredients

- 400g low fat fromage frais
- 1 packet powdered gelatine
- 120ml skimmed milk
- 1 tsp vanilla paste
- 3 tsp granulated sweetener



Compote Ingredients

- 1 bag frozen fruits of the forest or tropical fruit

Fromage Frais Cream Method

- Boil the milk with the sweetener and vanilla in a medium pan
- Add the gelatine and leave to cool
- Whisk the fromage frais into the cooled milk mixture
- Place into lightly oiled mini pudding basins
- Refrigerate until set

Compote Method

- Boil the fruit in a medium saucepan until the juice thickens
- Leave to cool
- Pour over the desserts