

The Autism Food Club

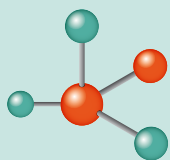


Peach Mousse



Ingredients

- 4 peaches
- enough** water to cover in pan
- 75g** caster sugar
- 1 cinnamon stick
- 250ml** plain soya yoghurt
- 3 leaves gelatine
- 2 egg whites



Sprinkling of science

Peaches and cream might be a well-known dish, but as a fruit, peaches are a tasty accompaniment to many dessert dishes.

Classified similar to almonds because of its characteristic seed, peaches are packed with both taste and health based primarily on their vitamin content.

Similar to prunes, peaches are a great source of chlorogenic acid which has been linked to the lowering of blood pressure and improved lipid markers.



Method

- 1 Half the peaches and remove the stone. Place in a large pan that has a lid and just cover with water.
- 2 Add the sugar and cinnamon stick, cover the pan and allow to come to the boil and simmer for about 10mins. Once the peaches are soft remove from the pan with a slotted spoon and set aside to cool.
- 3 Allow the water and sugar mixture to simmer and reduce until you have 1/3 cup of liquid remaining, remove the cinnamon stick and allow to cool a little.
- 4 Sieve the peach into a bowl so you get rid of the skin and end up with a puree and then add the syrup which should be a lovely pink colour.
- 5 Place the gelatine leaves in some cold water for 5mins until they become soft, then remove and squeeze out the excess water. Place in a pan over a gentle heat and allow to melt this should only take about 30 seconds, add to the peach mixture.
- 6 Whisk the egg whites to stiff peaks and add about 1/3 to the peach mixture and mix in thoroughly.
- 7 Add the rest of the egg white and fold in gently, then place the mixture into your chosen serving dish or dishes and allow to set in the fridge for at least 3 hours.

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