

Prune and Mint Mousse

Serves 10 portions. This is a quick easy recipe to get you going with making your own yummy desserts.

Ingredients

1 tin of prunes in **juice** (75p)

1 packet of creamed coconut (£1.80)

1 cooking apple (50p)

1 dessert apple (45p)

2 teaspoons peppermint extract (1p)

Pinch sea salt

Mint leaves for topping (2p)

Costs

Cost £3.53 in total

Cost per portion approx. 35p

You will have some coconut oil left over and prune juice to drink too!

Pre Preparation

Peel and stew the apples. Leave to cool.

Method

1. Drain the liquid from the tinned prunes and remove the stones.
2. Mash or liquidise the prunes.
3. Remove fat from the creamed coconut if it is separated then grate the remaining coconut.
4. Add half the grated coconut (keep remaining for the topping)
5. Add all remaining ingredients, except mint leave, mix or liquidise well.
6. Portion into 10 small tubs and sprinkle remaining grated coconut, decorate with mint leaves.
7. Freeze or store in fridge for up to 3 days.