Berry Layer

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A simple, light and refreshing recipe from the National Heart Foundation of New Zealand recipe book that screams summer, this is our favourite go to healthy dessert recipe.



Ingredients:

- ¼ cup sugar
- 1.5 cups of boiling water (or brewed Stir Tea Crimson Berry Blend)
- 1 tbsp gelatine
- 1 tbsp lemon juice
- 5 cups assorted seasonal berry fruit
- (we find blueberries; raspberries and boysenberries work beautifully together)

Method

1. Dissolve the sugar in the water (or brewed Stir Tea Crimson Berry blend), sprinkle with gelatine mixture, and mix well.
2. Add the lemon juice.
3. Layer the berries in a 7 cup capacity loaf tin. After years of making this dessert we always start by placing a layer of blueberries in the bottom of the tin, followed by a layer of the raspberries with the final layer of boysenberries. This means when you release the set mixture from the mould the blueberries are on the top.
4. Pour the gelatine mixture over the berries. Pack well so that all the berries are covered with the liquid.
5. Refrigerate at least 4 hours to enable it to set.
6. Place the loaf tin in hot water for 5-10 seconds to loosen from the mould.
7. Invert and place gently on to your flat serving plate. Serve sliced. Delicious.

We hope you get a lot of joy from making and sharing this Berry Layer dessert over a cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.