



Apple and peach textures

Ingredients (serves 2)

- 1 large apple
- 2 canned peaches
- 30 ml water
- Fresh mint leaves
- Powdered gelatine

Method

1. Peel the apple and blend it with water and fresh mint leaves using an immersion blender. Dissolve the powdered gelatine in the blended apple according to instructions on package. Put mixture in a large bowl and let solidify in the fridge.
2. Use an immersion blender to blend peaches with a little syrup from the can until creamy.
3. Once the jelly has set, cut into cubes.
4. Pour the blended peach in a bowl and place apple jelly cubes on top.

Recommendations

In case of serious dysphagia, consult with a medical professional about consuming gelatine.