

Citrus mousse makes a yummy dessert. It can be made in the morning and eaten at lunch or dinner. Makes 4 serves.

Ingredients

2 oranges
1 lemon
3 teaspoons gelatine
500 g ricotta cheese
1 tablespoon sugar
½ cup low-fat yogurt
Extra orange slices for decoration

Utensils

Lemon squeezer
Small bowl
Large bowl
Microwave
Measuring cups and spoons
Wooden spoon
4 dessert bowls

