



Healthworks
the community health charity

Let's Cook: Lemon Posset

What you need:

- 300g double cream
- 70g caster sugar
- 1 lemon, juice and grated zest
-

How to prepare:

- Pour cream into a pan with the sugar, bring the cream to the boil and simmer for 3 mins.
- Remove from the heat
- Add lemon juice and grated zest and whisk well.
- Pour into glasses and refrigerate till cold

Top tips:

You could add some fresh raspberries or blueberries to serve

Have the best summer ever!

From the Community Skills Team
www.healthworksnewcastle.org.uk