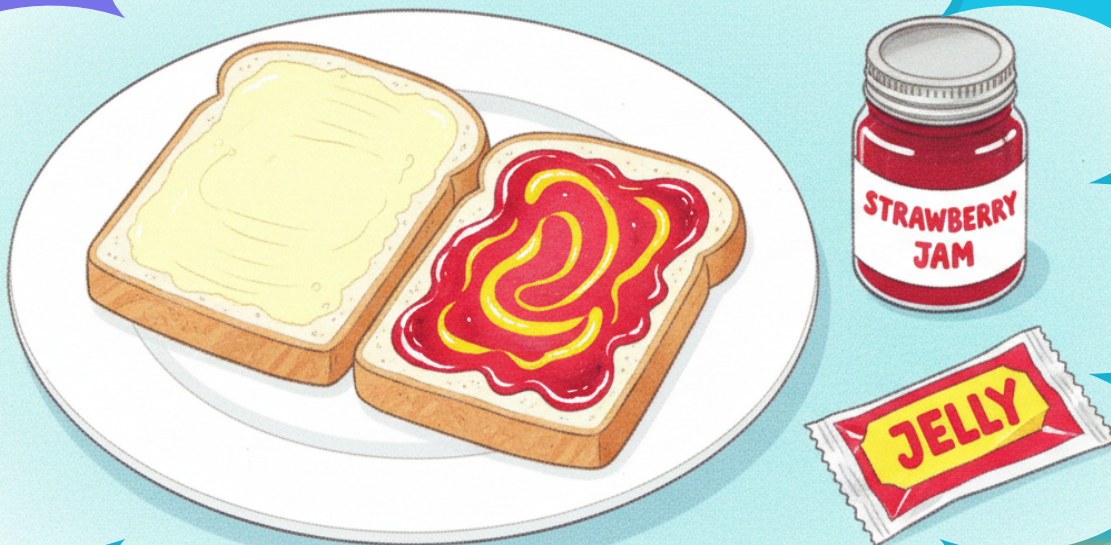


LET'S MAKE A SANDWICH



WHAT YOU NEED

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|-------------------------------------|------------------------------|
| 4 slice of white or wholemeal bread | 1 jar of your favourite jam |
| 1 packet of yellow jelly | 4 scoops of butter or spread |
| 1 mixing bowl | 1 butter knife |

WHAT TO DO

1. Ask and adult to help you make some wobbly jelly. (See vegan options below)
2. Spread the 4 slices of bread with butter or butter alternative.
3. Then spread 2 slices of bread with your favourite jam.
4. Now mash up the yellow jelly in a bowl and put a wobbly spoonful onto 2 slices of bread.
Make sure it doesn't wobble off!
5. Press the two jammy bread slices on top of your jelly and squish it together!
6. Now do the countdown: 5,4,3,2,1 and try to eat your wobbly treat without dropping any.

Many conventional jams are suitable for vegans, as they are thickened with fruit-derived pectin rather than gelatin. However, specialised vegan, organic, and fruit-based alternatives are widely available for a cleaner or lower-sugar option.

Several types of vegan, gelatin-free jelly replacements are available, ranging from natural gelling agents for homemade recipes to ready made, plant-based jelly crystals. The most common vegan alternatives are agar-agar, pectin, and specific commercial brands like Wibble and Dr. Oetker Vege-Gel.