



CHRISTMAS PUDDING WITH CUSTARD AND FRUIT (SERVES 1)

INGREDIENTS

1/3 cup canned fruit (low sugar if available)

1/2 cup custard (reduced/low fat if available)

1 slice Christmas pudding or cake

UTENSILS

Measuring jug or measuring cups

Colander

Knife

Small bowl or plate to serve

Tablespoon



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METHOD

1. Drain the juice from the canned fruit using a colander (if available).
2. Cut a slice of your Christmas pudding or cake and place in a small bowl or plate.
3. To serve, add custard and fruit to your pudding and enjoy.

NOTE: If you like to eat your pudding and custard warm, you can heat up your Christmas pudding or cake slice and custard in the microwave prior to adding your fruit. This may take approximately 30 seconds to 1 minute (heating time will depend on your microwave).



Figure 1: Recipe utensils



Figure 2: Recipe ingredients using Christmas fruit cake



Figure 3: Recipe ingredients using individual Christmas puddings



Figure 4: Final product using Christmas cake



Figure 5: Final product using Christmas pudding

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au

