

Fruity Rice Pudding

Serves: 3-4

Difficulty: 



Ingredients:

- 425g tin healthy choice rice pudding
- 1 banana, sliced or
- Small tin of peaches in natural juice
- 50g blueberries or a soft fruit of your choice

Equipment: can opener, chopping board, knife, serving glasses

Method:

1. Layer spoons of rice pudding with slices of banana and fresh blueberries in glasses.
2. Finish with a topping of sliced peaches, banana and blueberries with a sprig of fresh mint to decorate.

Top Tips!

- Use whatever fruit is in season for this recipe use fresh, canned or frozen
- Use natural yogurt instead of rice pudding or a bit of both

For more recipes contact Food For Fitness on:

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