

## Low fat Christmas Pudding

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### **Ingredients: -**

450g/1lb - wholemeal breadcrumbs

225/8oz – sultanas

225g/8oz – currants

100g/4oz - bananas, peeled and chopped

225g/8oz - soft brown sugar

3 – eggs

300ml/½ pint - semi skimmed milk

100g/4oz - apple, grated not peeled

100g/4oz - chopped Brazil nuts

30ml/2 tbsp - mixed spice

2.5ml/½ tsp salt

Juice and grated rind of 1 lemon

### **Method: -**

Mix all ingredients together and stir well.

Put the mixture in a greased pudding basin and cover with greased

greaseproof paper, tied on with string.

Steam the pudding for 3 hours in the normal way, allow to cool.



This pudding needs an extra 1 hour of steaming before you serve.

Turn out onto a plate. Decorate with icing sugar or a sprig of holly.

Serve with low-fat custard, or low-fat fromage frais into which you could stir 30ml/2 tbsp rum

and 15ml/1 tbsp soft brown sugar. (It is not Cumberland

butter, but it is much better for you).

This low fat Christmas Pudding does not keep as well as the traditional kind, but tastes just as

good, if not better, and it is healthier.

This can be made just a few days before Christmas.

Makes a 1 litre/3 pint pudding or 2 x 900ml/1½ pint puddings.

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