



Easy Summer Pudding

Serves 4

Ingredients: -

6 - large slices of wholemeal bread

100g/4oz – sugar

750g/1½lb - soft summer fruits (either raspberries, strawberries, stoned cherries, blackcurrants or redcurrants or a mixture)

Method: -

Remove the crusts from the bread and cut the slices into neat fingers.

Put the sugar and 75 ml/5 tbsp water into a pan and heat slowly, stirring until the sugar dissolves.

Add the fruit and simmer gently for about 7-10 minutes.

Line the base and sides of a 1 litre/2 pint pudding basin with bread fingers.

Add half the hot fruit mixture, cover with bread fingers, add more fruit mixture and cover with more bread.

Cover with a saucer or plate. Put a heavy weight on top.

Refrigerate overnight.

Turn out pudding onto a plate.

Decorate with fresh fruit and serve with fromage frais.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
