

Summer Fruit Pudding

Ingredients

20	Slices of white bread, crust removed
1.2kg	Mixed red fruits (Frozen fruits are fine)
400g	Caster sugar
8tbsp	Water
2	Lemon Juice
50g	Strawberry jelly
1	Orange zest

Serves 12

Nutrition Facts

Service Size per 100 Grams (100g)
Amounts per Serving

Calories	352.8	
Calories from Fat	50	14%
		% Daily Value
Total Fat	5.5g	8%
Saturated Fat	2.4g	12%
Cholesterol	11.4mg	3%
Sodium	340.2mg	14%
Total Carbs	73.1g	24%
Fibre	7.2g	28%
Sugars	43.1g	172%
Protein	5.5g	11%

*Percentage Daily Values are Based on 2000 Calorie Diet

Preparation

- ▶ Take a large tin or mould (bread tin for example) and butter the sides
- ▶ Put cling film inside of mould (easier for lifting afterwards)
- ▶ Remove crust of bread (use thick slices) and line the inside of the pudding mould with the bread, each time overlapping the slices lightly. Keep enough bread slices to cover the top
- ▶ Put the red fruits with sugar, lemon juice & orange zest in a saucepan and heat gently for 5 minutes. Remove from the heat
- ▶ Add in the dissolved strawberry jelly
- ▶ Spoon the fruit mix into the bread lined pudding bowl and cover with the reserved bread. Wrap with cling film and leave in the fridge overnight to set
- ▶ Serve with ice cream or whipped cream.



Note

Summer puddings can be made in large tray batch as above or in individual pudding moulds.

To prevent gaps appearing in the bread as you line the base, trim the sides of each slice at an angle so they fit more easily around bowl