Fortified Chocolate Caramel Cream Pudding - Makes 3 servings

For those who would not manage 2 x 220ml supplements each day
Serve 1 x 80ml serving of a low volume pudding each day

Ingredients

- 150ml double cream
- 30g skimmed milk powder
- 30ml full fat milk
- 2 x standard size (approx 50g) Mars Bars or similar nougat- caramel chocolate bars



Directions

Put cream, milk and milk powder in a saucepan. Gently heat until milk powder has dissolved. Add finely chopped chocolate bars. Heat gently, stirring all the time, until chocolate bars have completely melted. Pour into 3 small dessert bowls and chill. Mixture will keep (covered) in fridge for 3 days.

80ml serving
440 Calories 6g Protein

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