Fortified Lemon Cream Pudding - Makes 3 servings

For those who would not manage 2 x 220ml supplements each day
Serve 1 x 100ml serving of a low volume pudding each day

Ingredients

- 300ml double cream
- 70g caster sugar
- Juice of 1-2 lemons
- 30g skimmed milk powder



Directions

Put cream and milk powder in a saucepan. Gently heat until milk powder has dissolved. Add sugar. Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill. Will keep (covered) in fridge for 3 days.

100ml serving
618 Calories 5g Protein

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