



SUMMER PUDDING

Serves: 6
160 calories per serving.

Ingredients

600 g mixed summer fruit (raspberries, blueberries, redcurrants, sliced strawberries)
2 ripe peaches or nectarines, stoned and diced
3 tbsp sugar, or to taste
150 ml cranberry juice
8 thin slices of white bread, 1 or 2 days old reduced fat crème fraîche to serve (optional)



Method

- 1 Crush the fruit types individually, making sure the skins are broken and the fruit is pulpy. Put all the fruit in a bowl with the sugar and cranberry juice and stir. Leave to soften for 2 hours.
- 2 Remove the crusts from the bread and cut the slices into strips or triangles. Using a 1 litre pudding basin, fit the bread to line the bottom and sides, reserving enough to cover the top. Fill any gaps with small bits of bread.
- 3 Reserve 2-4 tbsp of juice from the fruit, then gently tip the fruit mixture into the bread-lined pudding basin. Top with the remaining bread. Cover with a plate that just fits within the rim of the basin, putting it directly on top of the bread. Place a heavy weight - like a can of food - on top and put the pudding in the fridge to chill for 8 hours or overnight.
- 4 To serve, turn the pudding onto a serving dish. Use the reserved juice to brush or pour over any parts of the bread that haven't been coloured. Serve with crème fraîche if liked.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: