



FEAST YOUR EYES RECIPE CARD



**NATIONAL EYE
HEALTH WEEK**
MONDAY 24 – SUNDAY 30 SEPTEMBER 2018
YOUR VISION MATTERS





Blueberry Custard Pudding

Blueberries are filled with eye-friendly nutrients so why not try making these creamy blueberry desserts. They're a low-calorie dream for waist watchers.

PREP TIME 15 minutes

COOKING TIME 5 minutes, plus cooling and chilling

MAKES 6

INGREDIENTS

- 100ml skimmed milk
- 410g can light evaporate milk
- 2tbsp custard powder
- 1tsp vanilla bean paste
- Calorie-free sweetener, to taste
- 150g fat-free Greek yogurt
- 400g frozen blueberries, thawed

METHOD

1 Put the skimmed and evaporated milks, custard powder and vanilla bean paste in a bowl and stir with a whisk until well blended.

2 Transfer the mixture to a pan and heat over a medium heat, stirring for about four to five minutes until thickened.

3. Stir in sweetener to your preferred taste and leave to cool in the pan, covered with cling film (it should touch the surface to prevent a skin forming) for 30 minutes.

4 Gently stir in half the yogurt. Divide three-quarters of the blueberries with any juices among six glasses, then pour over the custard. Add the remaining berries and chill for at least one hour.

5 Top with the remaining yogurt.

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