



Mixed Fruit Custard Medley (ES)

Serving: 1

Veg

Ingredients

- Serves 1
- 1 cup low-fat milk
- 1 tsp custard powder
- $\frac{1}{2}$ cup chopped mixed fruits (Apple, Pear and Banana)
- $\frac{1}{2}$ tsp chopped mixed nuts (Almonds/ Walnuts)

Preparation Method

- 1. Mix custard powder with 2 tbsp of luke warm milk and mix a smooth paste so that are no lumps. Keep aside.
- 2. Boil the remaining milk and remove from flame, keep aside to cool slightly.
- 3. Add the custard paste and stir continuously until it becomes thick.
- 4. Let it cool completely and then add the fruits.
- 5. Store into the refrigerator for minimum for 2 hours, serve chilled garnished with nuts.