

# Bring Back Puddings

Try to have 1-2 full fat puddings daily, after meals



Fruit or Syrup sponge, Cake, Gateaux, Fruit Pie or Jam tart

Fresh, Stewed or Tinned fruit in syrup

Sweet pastries, Buttered Malt loaf or Scone, Cream cake, Muffin, Cupcake







Milky puddings: Rice pudding, Semolina, Sago or Ground rice

Fruit crumble, Bread & butter pudding, Cheesecake, Pancakes

Ice cream or Choc ice

Individual desserts: Trifle, Fruit or chocolate mousse, Full fat yoghurt or Fromage frais, Crème caramels, Egg custards, Tiramisu, Custard pots

Remember to add extra **CALORIES** and **PROTEIN** by adding:-

<p>CUSTARD</p> 	<p>ICE CREAM</p> 	<p>SUGAR</p> 	
<p>DOUBLE CREAM</p> 	<p>THICK &amp; CREAMY YOGURT</p> 	<p>CONDENSED or EVAPORATED MILK</p> 	<p>FORTIFIED FULL FAT MILK</p> 