

## Berries and Blancmange

Serves 10

Ingredients	
1400ml full fat milk	200g caster sugar
1 unwaxed lemon peel, cut into strips	2 tsp (10ml) vanilla extract
3 cinnamon sticks	300g mixed berries, raspberries, blueberries, blackberries, washed
½ tsp (3g) ground cinnamon	
8 tbsp (120g) cornflour	



- METHOD:
- Place 500ml of the milk into a saucepan, add the lemon peel and cinnamon sticks, bring to a simmer over a medium heat.
- Meanwhile in a bowl, whisk together the cornflour and sugar. Whisk the remaining milk into the cornflour mixture.
- When the milk in the pan is simmering, pour the cornflour mixture into the hot pan in a slow steady stream. Whisk vigorously and increase the heat slightly to bring the mixture to a gentle boil. Allow to boil for about 20 seconds, continuing to whisk, then remove from the heat
- Remove the lemon peel and cinnamon sticks, stir in the ground cinnamon and vanilla extract.
- Pour into a dish(s) or mould(s) and refrigerate for at least 6 hours or overnight
- When chilled, garnish with the berries and serve.

✓ COOK'S TIP – THIS DISH CAN BE PREPARED IN THE MORNING OR THE NIGHT BEFORE AND STORED COVERED IN THE FRIDGE. FOR PUREE DIETS, PREPARE EXTRA BERRIES AND MAKE A PUREE

✓ FOR MILK FREE DIETS, USE SOYA ALTERNATIVE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
221	5.1	5.6	40.3	28.9	0.2	0.7	189