

Peaches and Pears with Custard

Serves 10

Ingredients	
400g canned peach slices in juice	400g pear halves in natural juice
500g custard made from Orgran custard powder	

- METHOD:
- In a saucepan gently heat the custard, do not boil.
- Serve 1 canned pear half with a couple of peach slices and approximately 1-2 tbsp custard.



- ✓ COOK'S TIP – FOR PUREE DIETS, SERVE A PREVIOUSLY PREPARED FROZEN FRUIT PUREE
- ✓ FOR DAIRY FREE DIETS, USE SOYA MILK ALTERNATIVE IF USING MILK

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
74	2.1	2.2	12.1	9.5	0.1	0.2	66