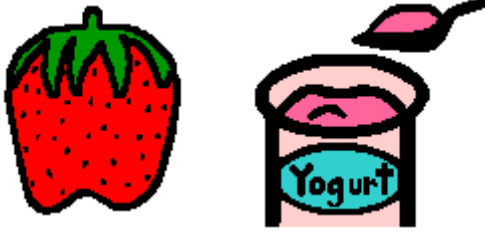


Pudding ideas



fresh fruit e.g. peach, banana, strawberries and low fat yoghurt



sliced banana and custard made with low fat milk



sugar free jelly and canned fruit in natural juice



stewed fruit e.g. apples, plums, rhubarb and custard made with low fat milk



milk pudding e.g. rice pudding, semolina

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