



Pear pudding

Ingredients (serves 2)

200 g ripe pear

1 egg

50 ml plant-based milk (rice, coconut, almond...)

2 Marie biscuits (similar to rich tea biscuits)

Method

1. Peel the pear and remove the seeds and stem. Cut into quarters.
2. Place into a container suitable for microwave cooking, add a splash of water and cook at maximum power for four to five minutes.
3. Whisk the egg and the plant-based milk together in a bowl and add the biscuits. Let them soak for some minutes.
4. Put the pear through a sieve and add it to the mixture. Blend together.
5. Pour the mixture into individual moulds suitable for microwaving.
6. Cook in the microwave at maximum power setting for two minutes and thirty seconds.
7. Once cooled, remove from the mould.

Recommendations

In case of osteoporosis, use milk enriched with calcium and vitamin D.