



## Pear pudding (enriched)

### Ingredients (serves 2)

200 g ripe pear

1 egg

50 ml whole milk (lactose-free in case of intolerance)

1 tsp powdered milk

1 Marie biscuit (similar to rich tea biscuits)

25 g bread

### 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 and bread. 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 microwave cooking.
6. Cook a maximum power setting in the microwave for two minutes and thirty seconds approximately.
7. Cool and remove from the mould.
8. The pudding can be served as is or topped with fruit-based sauce (kiwi, peach, strawberries...).

### Recommendations

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