



Pineapple pudding

Ingredients (serves 2)

250 g canned pineapple

50 g condensed milk

2 egg whites

100 semi-skimmed milk

Ground cinnamon

Method

1. Drain the pineapple, chop and put in a saucepan. Cook gently while stirring until the colour darkens slightly. Set aside.
2. Put pineapple, milk, condensed milk, and egg whites in a blending container.
3. Blend until creamy.
4. Pour into individual oven-safe moulds and bake in a bain-marie at 160°C for 20-25 minutes, or until set.
5. Remove from oven and let cool.
6. Remove from moulds and sprinkle with cinnamon.