

Yoghurt pudding



Ingredients (serves 4)

- 1 egg
- 80 g skimmed milk
- 1 plain skimmed yoghurt (individual-size container)
- 20 g wholemeal bread
- Lemon zest (1/2 a lemon)
- 1 teaspoon ground cinnamon
- Fresh fruit (berries, apple, etc.)
- 4 walnuts
- Honey (optional)

Method

1. Cut bread into small pieces and beat egg.
2. Mix egg, milk, yoghurt, bread, cinnamon, and lemon zest in a bowl. Let sit for a few minutes so bread softens.
3. Beat with an immersion blender to obtain a homogenous and smooth texture.
4. Divide into 4 cups or individual moulds, filling them about 3/4-full. Cook each mould in the microwave at maximum heat for 1'15"-30".
5. Remove from moulds and serve on a plate decorated with sliced fruit, nuts, and a drizzle of honey.

Recommendations

In case of lactose intolerance, use non-dairy or lactose-free milk and yoghurt.