

Summer Pudding

Makes 4 servings

Ingredients

8 slices of Glutafin Select White Loaf
450g/1lb Frozen mixed summer fruits
25g/1oz Caster sugar
1 x 15ml tbsp Orange juice (½ fresh orange)

To serve

50g/2oz Mixed berries
4 Small mint sprigs
150ml/¼ pt Chilled Custard or reduced fat Greek Yogurt

Method

1. Line 4 ramekins or tea cups with cling film so that it drapes over the outside of the container.
2. Trim crusts from 4 slices of gluten free bread. Then cut 2 rounds from each slice to fit the base and the lid of each container. Trim the crusts from the 4 remaining slices and halve each, to make 2 rectangles. Use 2 rectangle pieces to line the sides of each individual container, trimming to fit as required.
3. Place frozen fruit, sugar and orange juice into a small saucepan and warm gently until just simmering. Remove from the heat.
4. Dip the base bread rounds in the warm fruit juices and place soaked side down into the containers. Repeat with halved slices and use to line container sides.
5. Drain the fruit into a sieve and spoon between the bread lined containers. Top with the fruit soaked lids, trimming bread to fit if required.
6. Pull the cling film up over the bread lids and chill overnight.
7. Invert the puddings onto individual plates garnish and serve with chilled custard or reduced Greek yogurt.

Alternatively you might use Cointreau Liqueur or Brandy, these may be used as an alternative to the orange juice.