

CHRISTMAS PUDDING

Low fat and tastes sensational!

INGREDIENTS:

10 slices wholemeal bread - no crusts (4 cups packed crumbs)
1.25 cups skim milk
1 large or 2 small bananas - mashed
1 teasp cinnamon, mixed spice and nutmeg
1 heaped teasp bicarb soda
4 well packed cups of dried fruit
3 tablespoons brandy

METHOD:

- 1) Soak bread in milk for 2 hours or overnight
- 2) Add banana, spices and soda
- 3) Beat to a batter
- 4) Stir in fruit and brandy
- 5) Grease basin and line with sugar.
- 6) Steam for 3 hours and store in fridge.
- 7) Heat on the day by steaming for one hour or microwave for 12 minutes.

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