

Fruit salad with custard

Sweet

level 

 1

 15 min



Ingredients

| | |
|-----------------|---|
| 100 ml | Fresubin Energy DRINK Vanilla |
| 1 tea- spoon | custard powder (5 g) |
| 20 ml | milk (3.5 % fat) |
| 20 ml | cream (30 % fat) |
| 1 tea- spoon | sugar |
| 1 | vanilla pod |
| 150 g | fruits of the season, e.g. bananas, kiwis, strawberries, apples |

Nutritional information per serving:

| | |
|--------------------|----------|
| Energy | 441 kcal |
| Protein | 8.5 g |
| Fat | 13.0 g |
| Carbohydrate | 70.0 g |
| Fibre | 3.0 g |



Alternative products:

Fresubin[®] 2 kcal/Fibre DRINK
Fresubin[®] Protein Energy DRINK

Preparation

Stir custard powder into milk. Add Fresubin Energy Drink Vanilla, sugar and vanilla pod.

Heat liquid and keep stirring until the custard thickens.

Leave to cool then add cream.

Chop up fruits, mix and serve with the custard.

TIP:

Alternatively use instant vanilla pudding powder instead of custard powder.