



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Apricot Fool

Serves 3-4

Ingredients

12-16 oz cooked or tinned apricots (or other fruit)
½ pint high protein custard (see Sauces)
Sugar to taste

Method

Drain the fruit well and sieve or blend to make a thick purée; sweeten to taste.

Make the custard and whisk with the fruit.

Pour into individual serving dishes.

Chill, and serve with cream.

