



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

Other Puddings

- Milk puddings such as rice or semolina. Add jam, fresh or tinned fruit or cinnamon and sultanas and brown sugar.
- Thick and creamy or custard-style yoghurt, fromage frais, fruit mousse or fool, trifle.
- Tinned sponge pudding, jelly with tinned fruit and ice cream or cream. Add raspberry or chocolate sauce.
- Hot or cold pie or crumble with cream, ice cream or custard. Waffles or pancake with maple syrup and cream or ice cream.
- Cheesecake or sweet pastries with cream.
- Baked apple or banana with brown sugar and sultanas. Serve with custard, cream or ice cream.
- Whisk a small tin of evaporated milk into a cooled jelly made with ½pt water to make a milk jelly.
- Use custard and stewed or pureed fruit to make a fruit fool.
- Banana and chocolate or other confectionery can be chopped into Angel Delight.
- Full fat Greek yoghurt with honey and soft fruit. This can be topped with brown sugar and grilled to make crème brûlée.
- Adding cream to any pudding will boost the energy content. For convenience try aerosol creams. These keep well in the fridge. Long life cream is also useful.

