



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

Quick Milk Pudding

Serves 3-4

Ingredients

2oz semolina, ground rice or flaked rice
2oz sugar
1 pint fortified milk or milk and vanilla Ensure

Method

Heat milk and sugar until almost boiling.

Sprinkle in the cereal, stirring well until just boiling.

Simmer until cooked (3-4 minutes).

Serve with jam, honey or golden syrup.

