



Pineapple and Banana Puddings



Serves
4



Prep
15 minutes



Cooking
20 minutes

This easy, impressive pudding uses two favourite fruits and it's good for you too!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	252kcal	3.6g	5.5g	1.6g	0.2g
RI%	13%	4%	8%	8%	3%

Method

1. Preheat the oven to 180°C/fan Oven 160°C/Gas Mark 4.
2. Put the pineapples, with their juice, into a saucepan. Heat gently. Blend the cornflour with the milk and add to the pan, stirring until thickened. Remove from the heat.
3. Slice the bananas into the pineapple mixture, then stir in the egg yolks and half the sugar. Share between 4 individual baking dishes or large ramekins (or use a 1.2 litre baking dish). Bake for 12-15 minutes.
4. Meanwhile, whisk the egg whites in a large grease-free bowl until they hold their shape. Whisk in the remaining sugar until glossy, then pile on top of the baked pineapple mixture. Bake for 5-6 more minutes, until browned. Serve at once.

Ingredients

2 x 227g cans of Princes Pineapple Chunks with Juice
2 tbsp cornflour
2 tbsp milk
2 medium bananas
3 eggs, separated
50g caster sugar