

Semolina pudding with apricots

Sweet

level 

 4

 35 min



Ingredients

200 ml	Fresubin 2 kcal DRINK Apricot-Peach
200 ml	full-fat milk (3.5% fat)
50 g	semolina wheat
40 g	sugar
8	dried apricots (40 g)

Nutritional information per serving:

Energy	241 kcal
Protein	8.1 g
Fat	6.0 g
Carbohydrate	39.0 g
Fibre	1.6 g



Alternative products:
Fresubin® 2 kcal Fibre DRINK

Preparation

Pour Fresubin 2 kcal DRINK Apricot-Peach and milk into a casserole dish and heat up. Add in the semolina and stir continuously for 10 minutes until semolina is soaked.

Add sugar and sliced apricots.
Pour the pudding into 4 moulds and bake in a preheated oven at 180 °C for 10 minutes. Leave the pudding to cool and store in the refrigerator.

TIP:

Use Fresubin
2 kcal DRINK
Vanilla instead of
Apricot-Peach.