



Mixed Berry Pudding Dessert

Treat yourself, your family or guests to a dessert that's not only delicious and easy to prepare but also good for you, combining the hearty texture of Bürgen® Fruit & Muesli Bread with a luscious mix of antioxidant rich berries.

Ingredients:

10 slices Bürgen® Fruit & Muesli Bread
 1/2 cup orange juice
 2 tbsp sugar
 4 cups fresh or thawed frozen mixed berries (strawberries, mulberries, blueberries, raspberries, blackberries)

Preparation:

Preparation time: 20 minutes + refrigerate for 9-12 hours; Serves 6.

1. Line a pudding basin (1 litre capacity) with the bread; fitting the slices in so there are no gaps. You will also need some bread for the top.
2. Heat orange juice and sugar in small saucepan, stirring until sugar is dissolved; remove from heat. Add berries to orange mixture and press them gently with a spoon so that some of the berries break and release their juices.
3. Pour berry mixture into bread-lined pudding basin, reserving about 1 cup of the juices. Top with more bread and pour reserved juice over the top.
4. Cover with plastic wrap and place a heavy can on top so that the bread is weighed down into the berries. To serve, unmold on to a large plate.

+ Increasing fruit and vegetable intake may help maintain heart health. With antioxidant rich berries, 1 serve of this healthy dessert provides 1 serve of fruit

Average Nutritional Information per serve	
Energy	1117 kJ
Protein	7.6 g
Fat	4.1 g
Saturated Fat	0.8 g
Carbohydrate	46.1 g
Sugars	20.7 g
Fibre	6.1 g
Sodium	232 mg