

Healthy Pudding Idea 1

Tropical fruits with banana dip recipe

Enjoy fruit cut into chunks and served with a simple banana dip for a fun way to get more in your everyday meals. Kids will love it!

Prep: 10 mins
Serves 4

[Nutritional information](#)



Ingredients

- 1 fresh mango, peeled, pitted and sliced
- 1 fresh papaya, peeled, deseeded and sliced
- 200g pineapple pieces in natural juice, drained
- 100g strawberries, halved and stalks removed
- 1 banana

- 4 tablespoons low-fat natural yoghurt

Method

1. Arrange the mango, papaya, pineapple and strawberries onto a serving plate.

Information:

To keep the cost down, just use 1 type of fruit to serve with the dip. You could try apple or pear slices instead – or whatever fruits are on offer or in season.

2. Slice the banana into a bowl and mash with a fork. Add the yoghurt and stir well to mix. Serve, dipping the pieces of fruit into the banana mixture.

Information:

Make the banana dip shortly before serving so it doesn't go brown.

Healthy Pudding Idea 2

Pancakes with caramelised apples recipe

Pancakes are quick and tasty all year round – so don't just leave them for Shrove Tuesday!

Prep: 10 mins
Cook: 12 mins
Makes 4 pancakes

[Nutritional information](#)



Ingredients

- 75g plain flour
- 1 medium egg
- 200ml semi-skimmed or 1% fat milk

- 2 teaspoons vegetable oil
- 1 eating apple, cored and thinly sliced
- 1 teaspoon caster sugar
- finely grated zest and juice of 1 lemon

Method

1. Put the flour into a large jug or mixing bowl. Add the egg and milk and beat with a whisk or a handheld electric beater to make a smooth batter.

Information:

You could use half plain and half wholemeal flour for more fibre!

2. Heat a pancake pan or non-stick frying pan and add a few drops of vegetable oil. Pour in a quarter of the batter, tilting the pan so that it flows evenly over the surface. Cook over a medium heat for 1 to 2 minutes until set, then flip over to cook the other side.

Information:

If you have time, leave the batter to stand for 10 minutes before cooking, and stir thoroughly before adding to the pan.

3. Make 4 pancakes in total, adding a few drops of oil to the pan for each one. Keep the pancakes in a warm place until they're all ready.
4. Heat the remaining oil in the frying pan and add the apple slices, cooking them over a medium-high heat for 3 to 4 minutes, and turning often.
5. Sprinkle the sugar over the apples and cook for another few moments until lightly browned. Add the lemon zest and juice, stir to coat, then remove from the heat.

Information:

If you like, add a sliced banana to the frying pan with the lemon zest and juice, and mix with the apple before sharing between the pancakes.

6. Serve 1 pancake per person, topped with the caramelised apples.

Healthy Pudding Idea 3

Cherry berry crumble recipe

Frozen cherries and summer berries are topped with a crunchy crumble mixture in this easy pudding.

Prep: 10 mins

Serves 6

[Nutritional information](#)



Ingredients

- 200g frozen cherries
- 200g frozen summer fruits
- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats

- 1 tablespoon demerara or granulated sugar
- 12 tablespoons low-fat, lower-sugar plain yoghurt, to serve

Method

1. Preheat the oven to 180C, fan oven 160C, gas mark 4.
2. Put the frozen cherries and berries into a baking dish (there's no need to thaw them).

Information:

Use any combination of frozen fruits, such as raspberries or fruits of the forest.

3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30 to 35 minutes. Serve with 2 tablespoons of yoghurt per person.

Information:

Try adding a few drops of vanilla extract to the yoghurt to add some more flavour.

Healthy Pudding Idea 4

Easy banana ice cream recipe

Make this delicious 1-ingredient banana ice cream in 3 simple steps.

Prep: 5 mins

Serves 4

[Nutritional information](#)



Ingredients

- 4 very ripe bananas

Method

1. Peel and slice the bananas – use 1 banana per person.
2. Freeze for at least 2 hours, or overnight.

3. Add to a food processor and blend until smooth and creamy. Scoop into bowls and tuck in!

Information:

For an extra twist, add a sprinkle of cinnamon or a handful of frozen fruit.

Healthy Pudding Idea 5

Creamy banana porridge with mish-mash raspberries recipe

Add fruity goodness to your breakfast with mashed banana and raspberries.

Prep: 10 mins
Cook: 10 mins
Serves 6

[Nutritional information](#)



Ingredients

- 200g porridge oats
- 300ml skimmed milk
- 750ml water
- 2 large ripe bananas

- 200g raspberries (thawed if frozen)
- 4 tablespoons 0%-fat Greek yoghurt

Method

1. Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3 to 4 minutes, stirring often.
2. Meanwhile, mash the bananas in a bowl using a fork. Stir half into the porridge. Add the raspberries (or thawed frozen summer berries) to the rest of the banana and squash them a little with the fork.
3. Share the porridge between 6 warm bowls and top each portion with the yoghurt and the raspberry mixture.