

Desserts

Often older people don't eat enough fruit or milk-based foods. Desserts are a good way for older people to have these foods because they are enjoyable and easy to eat.

Desserts should usually contain a milk food such as yoghurt or custard, and some fruit.

Ways to enrich desserts:

- Use '**enriched milk**', evaporated milk or '**enriched custard or yoghurt**' in dairy desserts

To make one cup of **enriched milk**, whisk together;

2 tablespoons of milk powder and 1 cup full-cream milk

To make 200 grams of **enriched custard or yoghurt**, whisk together;

2-3 teaspoons of milk powder and 200 grams of yoghurt or custard

Dessert ideas

Serve fruit with:

- baked custard
- crème caramel
- yoghurt
- blancmange (milk based)

Serve custard or yoghurt with:

- fruit pie/Danish/strudel/crumble
- steamed pudding with dried fruit
- fruit/vegetable cake
- fruit upside down cake
- fruit salad
- stewed/canned fruit

Other:

- fruit and cheese platter

