



## Mango, Passionfruit and Lime Milk Pudding

### Makes 4

¼ cup	ground rice
¼ cup	caster sugar
1 teaspoon	finely grated lime rind
3 cups	<b>Anlene Low Fat</b>
¼ cup	fresh passionfruit pulp
2	mangoes, peeled and sliced
2	fresh passionfruit, extra for serving
	rind of 1 lime, peeled and finely shredded

### Method:

1. Combine ground rice, sugar and grated lime rind in a saucepan and slowly whisk in the **Anlene Low Fat**. Stir over low heat for 5-7 minutes until thickened to a custard. Remove from heat and stir in passionfruit pulp. Cool slightly before pouring into four serving glasses, chill until set.
2. Serve each Anlene pudding with mango slices, extra passionfruit pulp and shredded lime rind.

**Tip:** If mangoes aren't available try serving thinly sliced pineapple with this pudding.

MAGNET AREA



## Mango, Passionfruit and Lime Milk Pudding

*Did you know that you need more than just calcium to maintain healthy bones?*

*The good news is that you can feed your bones with Anlene.*

*Enjoy Anlene everyday – it has Calcium PLUS Vitamin D, Magnesium, Zinc and Protein.*

*Anlene milk with added Vitamin D and minerals is available in Fresh Low Fat, Fresh No Fat\* and Long Life Low Fat.*

### NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (349g)	PER 100g
ENERGY	1150kJ	337kJ
PROTEIN	9.9g	2.8g
FAT		
– TOTAL	3.1g	0.9g
– SATURATED	1.8g	0.5g
CARBOHYDRATE		
– TOTAL	50.9g	14.6g
– SUGARS	41.7g	12g
DIETARY FIBRE	5.2mg	1.5mg
SODIUM	121mg	34.7mg
CALCIUM	401mg	115mg

Nutritional Information may vary according to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs of adults who may be lacking in essential bone nutrients and energy in their everyday diet.

## Anlene Tips

- *Anlene Low Fat or No Fat\* makes a fabulously thick, creamy and calcium rich Café Latte or Chai Latte.*
- *Anlene Low Fat or No Fat\* adds an extra creaminess to rice pudding, custard or porridge.*
- *Cook couscous in a little sweetened Anlene Low Fat or No Fat\*, cinnamon and a selection of dried fruits and nuts for a delicious low fat dessert.*

\*less than 0.15g fat/100ml

[www.anlene.com.au](http://www.anlene.com.au)