

## **Low Protein Christmas Pudding**

### **Ingredients**

120g butter/margarine  
60g low protein flour mix  
120g sultanas  
120g raisins  
60g mixed peel  
60g glace cherries  
60g currants  
1 teaspoon nutmeg  
1 teaspoon mixed spice  
1 teaspoon cinnamon  
120g brown sugar  
½ lemon grated, zest and juice  
½ orange grated, zest and juice  
120g low protein breadcrumbs (made from low protein bread)  
Guinness to wet

### **Method**

1. Mix all the dry ingredients
2. Add the orange and lemon juice and Guinness to make a dropping consistency.
3. Place in a greased, 2lb pudding bowl or two 1lb pudding bowls.
4. Cover with greased greaseproof paper and steam for 4-6 hours.

### **To Serve**

Sieve a little icing sugar and holly leaf on top.

- a) Brandy butter - 1oz butter and 1oz of icing sugar. Cream together with 1 tablespoon of brandy.
- b) Protein free custard-made with low protein milk.