



Custard

Calcium*



Vitamin D*



Iodine *



YELLOW CUSTARD

Some custard powders are dairy free so you can simply make them up according to the packet instructions using your choice of alternative milk



WHITE CUSTARD

Ingredients

- 500ml soya/almond Milk
- 2 tbsp. cornflour
- 2 tbsp. sugar

Directions

- Using a little of the liquid make a smooth paste with the cornflour and sugar in a jug.
- Heat the rest of the liquid and when near boiling pour into the jug over the cornflour mix. Quickly stir and return to the pan. Continue to heat, stirring until it thickens.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content