



The Oesophageal
Patients Association
Caring for the cancer patient & their family

High Protein Custard

Ingredients

1 pint fortified milk
2 tablespoons custard powder
1-2 tablespoons sugar

Method

Mix sugar and custard powder to a smooth paste with a little cold milk.

Heat the rest of the milk until just boiling.

Pour on to the custard powder mixture, stirring well.

Return to pan, stir until boiling and simmer for 1-2 minutes, stirring all the time.

