

PLUM CRUNCHIES PUDDING

SERVES 4 ADULTS

METHOD

1. Put the plums into a saucepan with 6tbsp water. Simmer for 5-8 mins until soft, but still holding their shape. Leave to cool.
2. Meanwhile, share the crushed biscuits between 4 ramekins or small dishes and press down with the back of a spoon.
3. Spread the fromage frais carefully over the crushed biscuits. Top with the cooled plums, drizzling the juice over the top.



INGREDIENTS

6 plums pitted and quartered
4 wholemeal digestive biscuits
125g fat-free fromage frais (low fat plain yoghurt is also fine)