Key to Life Foodbank

All Saints Church Cleadon
walking and working with God

Community Kitchen

Helping families create affordable, nutritious meals at home

Fruity Custard Cups

by Pete Zulu, The Black Horse, East Boldon

Ingredients

- 1 slice of bread per cup
- Tinned custard
- Tinned or fresh fruit
- Oil or butter for greasing

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Prep: 10 mins | Cook: 3 mins | Serves: 4

Method

1. Preheat the oven to 180°C
2. Remove the crusts from the bread and flatten each slice with a rolling pin or clean bottle.
3. Lightly grease an upside-down cup.
4. Mould the bread over the outside of each cup.
5. Bake for 2-3 minutes until lightly crisp.
6. Remove from the cups and allow to cool.
7. Drain the fruit, reserving the juice for a drink.
8. Fill each bread cup with fruit and spoon over custard.
9. Decorate with cream or sweets (if available) and serve.