



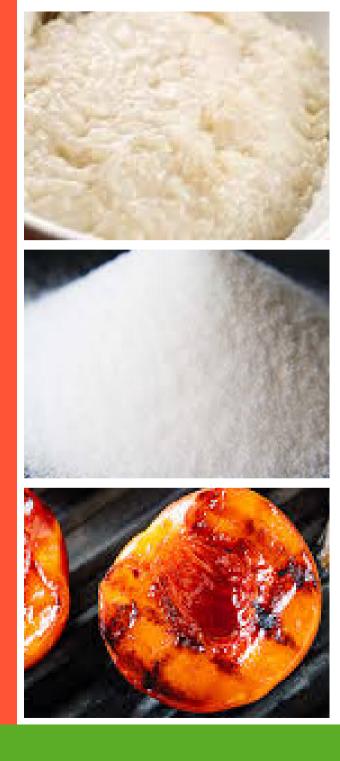




Epping Forest Foodbank is a Registered Charity in England & Wales (1182270)

THAT'S Peachy

Ingredients
½ tin of rice pudding
2 egg whites
2 tablespoons caster sugar
1 tin of of peaches, drained



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Recipe

- 1 | Whisk the eggs whites with the sugar until the mixture becomes stiff.
- 2 | Carefully fold the egg white into the rice pudding, transfer to a plastic container with a lid and place in the freezer for 4-5 hours, stirring occasionally until it is completely frozen.
- 3 | Blend half of the peaches in a blender, until completely smooth.
- 4 | Fry the remaining peaches in a non-stick frying pan for 3-4 minutes until they are slightly coloured.
- 5 | Spoon a little of the blended peaches onto a plate, followed by the the rice pudding and then the warmed peach halves.







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Cost Rice Pudding - 15p Eggs - 28p Caster Sugar - 3p Peaches - 75p



TOTAL - £1.21

PRICES CORRECT AT THE TIME OF PUBLICATION - JUNE 2019