

EARL GREY & LEMON TEA DESSERT

Serves 4

Per serving: 70 Calories, 1.1g fat
(excluding optional extras)

Protein: 2.2g

Carbohydrate: 12g

Fibre: 0.3g

Prep and Cook Time: 15 mins

Cooling and Refrigeration time: 2 hours

INGREDIENTS

2 Earl Grey tea bags
250ml boiling water
250ml semi-skimmed milk
15g cornflour
20g caster sugar
Finely grated zest of 1 lemon
1 tsp lemon juice
½ tsp vanilla extract

To serve: A few fresh blueberries or raspberries.

Optional: a little grated dark chocolate for decoration

METHOD

1. Put the tea bags in a jug and pour over 250ml boiling water. Leave to infuse for 5–7 minutes, then remove the tea bags.
2. Mix the cornflour with a little of the milk to make a smooth paste.
3. Pour the remaining milk and the strong tea into a saucepan. Add the sugar and lemon zest.
4. Heat gently, then whisk in the cornflour mixture. Continue stirring for 3–4 minutes until the mixture thickens and becomes silky smooth.
5. Remove from the heat and stir in the lemon juice and vanilla.
6. Divide into four small glasses or ramekins and leave until cold, then refrigerate for at least an hour.
7. Serve topped with a few berries or a tiny amount of grated dark chocolate.

