

# “Herren crème”

Sweet

level 

 16

 25 min



## Ingredients

200 ml	Fresubin 2 kcal Fibre DRINK Chocolate
12	dried plums (100 g)
4 table- spoons	sugar
1 stick	cinnamon
300 ml	full-fat milk (3.5% fat)
1 packet	instant chocolate pudding powder (for 500 ml milk)
75 g	dark chocolate
250 ml	cream
20 g	vanilla sugar
8 g	whipped cream stiffener

## Nutritional information per serving:

Energy .....	163 kcal
Protein.....	3.0 g
Fat .....	9.0 g
Carbohydrate .....	16.0 g
Fibre.....	1.9 g



## Alternative products:

Fresubin® Original DRINK  
Fresubin® Energy/Fibre DRINK  
Fresubin® Protein Energy DRINK  
Fresubin® Energy Fibre DRINK

## Preparation

Briefly boil up dried plums together with 2 table-spoons of sugar and 1 cinnamon stick and leave it overnight to cool. Boil up 300 ml milk and 2 tablespoons of sugar and put to one side.

Mix 1 packet of chocolate pudding powder, 200 ml Fresubin 2 kcal Fibre DRINK Chocolate and bring to the boil whilst stirring. Cover it with foil and put it aside to cool.

Cut up dark chocolate in small pieces and stir into the cool, but not yet solid pudding. Whip cream (together with vanilla sugar and whipped cream stiffener) and mix it with the pudding. Pour into dessert glasses and decorate with plums, cream and grated chocolate.

**TIP:**  
Add some  
grated white  
chocolate.