



Shrikhand

From Urmila Prabhat – Volunteer Ambassador

This easy recipe is a very popular Indian dessert.

Ingredients:

500g (18oz) yoghurt

200g (7oz) double cream

1 tin condensed milk

5tbsp raisins

5tbsp flaked almonds

5tbsp chopped/flaked pistachios

1tbsp ground cardamom

1tsp ground nutmeg

You will also need a clean muslin cloth or thin cloth napkin, about 30cm/12” square.

Method:

1. Mix the almonds, pistachios and raisins and set aside.
2. Spread the muslin or napkin over a fine sieve resting on a pan.
3. Pour the yoghurt on the muslin, pat down with a wooden spoon and leave for 15 minutes to drain off the excess liquid.
4. Turn out the drained yoghurt into a mixing bowl.
5. Pour the double cream and condensed milk into the same bowl – if you prefer a less sweet recipe, reduce the amount of condensed milk by 50-100ml/2-3fl oz.
6. With a spoon, gently combine the three ingredients into a smooth, creamy mixture.
7. Add the cardamom and nutmeg and mix well.
8. Spoon into cups and garnish with the almond, pistachio and raisin mix from step one.
9. Cover each cup with cling film and keep chilled in the fridge until you are ready to eat it – it will keep for three days.

Tip: Top with a fresh rose petal, if you have some. Do not freeze.

Find more recipes for your Time for a Cuppa at dementiauk.org/tfac



Best ever blondies

From **Time for a Cuppa**



Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

