



# Reduced-Sugar Malva Pudding

A Healthier Twist on a South African Favourite.

Malva pudding is a classic on many South African tables.

This version keeps the comfort — but lowers the sugar and boosts the goodness.

Because caring for your eyes doesn't mean giving up what you love.

## Why This Version Is Better for Your Eyes

Excess sugar can affect:

- Blood sugar levels
- Circulation
- Long-term eye health (especially for people living with diabetes)

## INGREDIENTS (Serves 6–8)

### PUDDING

- 1 cup cake flour
- 1 teaspoon bicarbonate of soda
- 1 egg
- ½ cup brown sugar (instead of 1 cup)
- 1 tablespoon apricot jam
- 1 tablespoon vinegar
- 1 cup plain low-fat yoghurt
- 1 tablespoon melted butter or olive oil
- ½ cup milk

### LIGHTER SAUCE

- ½ cup fresh cream
- ½ cup milk
- ¼ cup brown sugar
- 1 teaspoon vanilla essence



## METHOD

- Preheat oven to 180°C.
- Mix egg and sugar until slightly fluffy.
- Add jam, vinegar, yoghurt and melted butter.
- In a separate bowl, combine flour and bicarbonate of soda.
- Fold dry ingredients into wet mixture. Add milk and mix gently.
- Pour into a greased baking dish.
- Bake for 30–35 minutes until golden.



## LIGHTER SAUCE

- Heat cream, milk, sugar and vanilla gently in a saucepan.
- Do not boil rapidly. Stir until sugar dissolves.
- Pour warm sauce over pudding as soon as it comes out the oven.
- Let it soak before serving.

## SERVING TIP

Serve smaller portions with:

- A spoon of plain yoghurt instead of custard
- Or fresh fruit like berries



## A NOTE ON EYE HEALTH

Healthy food choices help protect your vision over time — especially if you are managing diabetes or high blood pressure.

But if your vision changes, independence should never disappear.

White Cane Week recognises the assistive devices that help people live confidently — from white canes to magnifiers and accessible technology.

At The South African National Council for the Blind (SANCB), we believe everyone deserves dignity and independence at every stage of life.



**If you would like to show  
your support kindly visit:**

**<https://fightforsight.org.za/donate/>**

**or scan the QR code to the right.**



Disclaimer: This information is provided for general purposes only and does not replace the advice of a qualified doctor or healthcare professional. Please consult your doctor or a registered dietitian if you have any medical conditions, dietary restrictions, or specific nutritional needs.