

SIDE DISH

# Blancmange

22 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 9      | \$0.81      | 216 kcal |

Blancmange requires around 45 minutes from start to finish. This recipe makes 9 servings with 216 calories, 9g of protein, and 9g of fat each. For 81 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. This recipe from My Recipes has 1 fans.

## Ingredients

- ☐ ¼ teaspoon almond extract
- ☐ 2 envelopes unflavored gelatin
- ☐ ¼ teaspoon salt
- ☐ 8 ounces frozen fat-free whipped topping, thawed
- ☐ 11/3 cups sliced almonds, toasted
- ☐ 4½ cups 1% low-fat milk, divided
- ☐ ½ cup sugar

EQUIPMENT Bowl, Frying pan, Sauce pan, Knife, Sieve, Blender, Spatula

## Method

- 1

Sprinkle gelatin over 1/2 cup milk in a small bowl; set aside.
- 2

Place 4 cups milk and almonds in a blender, and process until smooth. Strain through a sieve into a medium saucepan; discard solids. Stir in sugar, salt, and extract, and bring to a boil.
- 3

Add the gelatin mixture, stirring until gelatin dissolves; remove from heat.
- 4

Place pan in a large ice-filled bowl for 30 minutes or until milk mixture comes to room temperature; stir occasionally. Gently stir one-fourth of whipped topping into milk mixture; gently fold in remaining topping.

- 5 Spoon 2/3 cup milk mixture into each of 9 (6-ounce) custard cups coated with cooking spray. Cover and chill at least 4 hours or overnight. Loosen edges of blancmange with a knife or rubber spatula.
- 6 Place a dessert plate upside down on top of each cup, and invert onto plates.

Nutrition per serving

| 216           | 9 g     | 9 g | 26 g                        |
|---------------|---------|-----|-----------------------------|
| KCAL          | PROTEIN | FAT | CARBS                       |
| Saturated Fat |         |     | 1.9 g · 12% of daily needs  |
| Fibre         |         |     | 1.8 g · 7% of daily needs   |
| Sugar         |         |     | 21.6 g · 24% of daily needs |
| Sodium        |         |     | 132 mg · 6% of daily needs  |
| Cholesterol   |         |     | 9.9 mg · 3% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/blancmange-144426](https://whatsheate.com/blancmange-144426)