

APPLE SPONGE PUDDING



INGREDIENTS

- 2 bramley apples – peeled, cored and diced
- 100g raspberries (optional)
- 3 dessertspoons orange juice or water
- 100g caster sugar
- 100g **margarine**
- 1/2 teaspoon vanilla essence (optional)
- 2 medium **eggs**
- 100g self-raising **flour**
- 25g porridge **oats**

EQUIPMENT

- chopping board, peeler, sharp knife,
- medium sized oven proof dish,
- dessertspoon, mixing bowl, weighing scales,
- measuring jug, fork, wooden spoon

SERVES: 4

PREP TIME: 20 minutes
40-45 minutes

ALLERGENS: cereals containing gluten,
milk, eggs

METHOD

- 1 Preheat the oven to 180oC/Gas 4.
- 2 Prepare the apples and transfer to the oven proof dish. Scatter over the raspberries and then pour over the orange juice (this will help to stop the apple browning whilst you are making the topping).
- 3 In a mixing bowl, beat the margarine, sugar and vanilla essence together until it becomes light and fluffy.
- 4 Crack the eggs* and gently beat them into the mixture one at a time. Finally add the flour and oats (if using) to the bowl and carefully mix until you create a smooth cake batter. (*always remember to wash your hands after handling raw eggs).
- 5 Spread the cake batter over the fruit and then bake in the oven for 40-45 minutes until golden brown. Serve the pudding with custard or our melted vanilla ice-cream.

HANDY HINT!

- * To save time, why not try using tinned or frozen sliced apples and raspberries instead.

