Ingredients



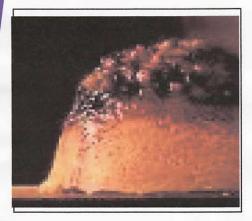
- 1. Mix margarine and sugar together until creamy and light.
- 2. Beat eggs together and add to marg and sugar mixture a little at a time, beating well (if the mixture separates beat in a tbsp of flour)
- 3. With a spoon add flour and mix together gently. Add milk.
- 4. Put filling choice in the bottom of a microwave safe bowl. Put sponge mixture on top of filling and spread out evenly.
- 5. Cook on FULL POWER for 4 mins or until appears set.
- 6. Turn out of bowl and serve with custard or yoghurt.

- 100gmma100gmcas2 eggsself100gmselfflourz2tbsp milk
- margarine castor sugar
 - self raising
- Choice of fillings :-Cooked apples Summer fruits Cooked plums Dried fruit and spice Pear and walnuts

DESSERT

'What's Cooking!' Recipe Card

FRUIT SPONGE PUDDING



Preparation time 6mins Cooking time 4 mins

Food Fact:-

Use seasonal fruits in this recipe for best value. The sponge does provide carbohydrates for energy, but should not be consumed too often as it contains fats and sugars.

Serves 4