

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.

100gm margarine
100gm castor sugar
2 eggs
100gm self raising flour
2 tbsp milk

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