

1. Soak fruit in hot water/juice/tea for 1 hour or overnight.
2. Mix together all of the ingredients and spoon into an oiled, microwavable bowl, cook on MEDIUM for 12-15mins, the surface should be just firm, not dry.
3. Leave to stand for 5 minutes then decorate with glace cherries, flaked almonds etc.
4. Serve with custard, white sauce, ice cream, fromage fraise or yoghurt.

Ingredients

**500g mixed dried fruits
(could include dried;
apricots, cranberries,
dates, cherries)
150g whole meal self
raising flour
Medium orange, zest and
juice
200ml tea OR coffee OR
fruit juice
½ tsp each ginger,
cinnamon, mixed spice**

AND/OR

**1 beaten egg
50g chopped mixed nuts**



Serving: 12-16 slices



sweets

'What's Cooking !' Recipe Cards**HEALTHY(er) CHRISTMAS PUDDING****Food Fact:-**

**Great way of boosting your
Five - A - Day!
With no added sugar- so is
good for the festive calorie
control.**

Preparation time 8 mins**Cooking time** 15 mins