

SAUCY CHOCOLATE PUDDING



Food Fact:-

There have been many studies linking cocoa and dark chocolate with health benefits. Cocoa and chocolate contain a large amount of antioxidants (flavinoids). Cocoa and dark chocolate may keep high blood pressure down and reduce the blood's ability to clot, thus the risk of stroke and heart attacks may be reduced.

The darker chocolate with the most concentrated cocoa will be the most beneficial

Preparation time **3 MINS**

Serves 4-5

Cooking time **4 MINS**



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Ingredients

1. Place all pudding ingredients in a mixing bowl and beat until well blended and creamy.
2. Put sponge mixture into a bowl and level surface.
3. Make sauce by mixing sugar and water with the cocoa. Carefully pour over the pudding mixture.
4. Cook on FULL power for 4 minutes and allow to stand for 3-4 minutes.
5. Serve hot with custard or cream.

Sponge

75g self raising flour

50g castor sugar

50g margarine

2 eggs

15g cocoa powder

1/2 tsp cinnamon

1/2 tsp baking powder

1 tsp vanilla essence

Sauce

75g soft dark brown sugar

15g cocoa

150ml warm water

