

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.

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

Optional:

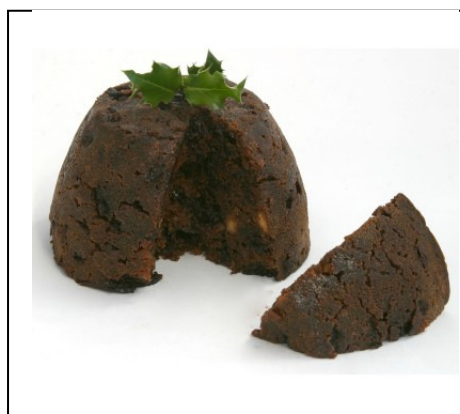
1 beaten egg

50g chopped mixed nuts

Dessert

'What's Cooking!' Recipe Card

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

Serves 12-16 slices