

Apple and Blackberry Sponge Pudding

Prep time: 15 minutes

Cook: 35 minutes

Serves: 4-6

Ingredients	Equipment
Oil for greasing	Pastry brush
5 – 6 eating apples	Ovenproof dish
150g blackberries	Sharp knife
2 tbsp golden syrup	Chopping board
150g butter	Corer
100g caster sugar	Measuring spoons
3 medium eggs, beaten	Weighing scales
150g self raising flour	Large mixing Bowl
1 tsp vanilla essence	Mixing spoon
	Tablespoon
	Oven gloves
	Cooling rack

Method

1. Pre-heat the oven to 180°C / gas mark 4.
2. Grease the ovenproof dish.
3. Peel, core and slice the apples.
4. Place the apples and blackberries in the oven proof dish, and drizzle over the golden syrup.
5. Cream together the butter and sugar in a bowl, until pale and creamy.
6. Gradually beat in the eggs, beating well between each addition.
7. Fold in the flour and vanilla essence using the tablespoon.
8. Spoon the mixture over the apples and bake in the oven for about 35 minutes, until golden and firm to the touch.
9. Serve with low fat yoghurt.

Variations

Replace the apples with 10 plums or similar amounts of other fruit.

Top the sponge batter with a sprinkle of chopped almonds before placing it in the oven. (Be careful of nut allergies.)