



APPLE SPONGE PUDDING

INGREDIENTS

For the sponge layer:

150g plain flour

100g wholemeal plain flour

2 teaspoons baking powder

100g caster sugar

100g margarine

250ml semi skimmed milk

For the apple layer:

3 Bramley cooking apples - peeled and diced

250ml orange juice

25g margarine - melted

1 teaspoon cinnamon

EQUIPMENT

3 litre slow cooker, weighing scales,

mixing bowl, teaspoon, measuring jug,

peeler, sharp knife, chopping board

SERVES: 4-6

PREP TIME: 20 minutes

ALLERGENS: cereals containing gluten,
milk

COOK TIME: 3 hours HIGH

METHOD

- 1 Grease the bottom and side of the slow cooker bowl and set aside.
- 2 Place the flour, baking powder, sugar and margarine into a mixing bowl.
- 3 With a fork mash everything together to form coarse crumbs, then stir in the milk until everything is just combined (try not to overmix the batter).
- 4 Spoon the cake batter into the bottom of the slow cooker and spread out evenly. Then arrange the diced apple on top and sprinkle over the cinnamon.
- 5 In a jug, mix together the orange juice and melted margarine, then pour over the apples.
- 6 Put a clean paper towel over the opening of the slow cooker bowl, then place the lid on top (this will prevent condensation from the lid going back into the bowl). Turn the slow cooker to HIGH and cook for 3 hours until the apples are tender.
- 7 Once cooked, leave to cool for 15 minutes, then serve the pudding with some reduced sugar custard or crème fraiche.

