



[www.aseasonofhappiness.com](http://www.aseasonofhappiness.com)

**GF Friendly**

## Apple Sponge Pudding

### Stewed apples topped with sponge

A light dessert, this pudding is tasty, filling, and won't break the budget. The fruit used was canned apple slices; but also fresh fruit can be cored sliced and stewed. Other fruit such as peaches, apricots or plums can be substituted.

- 110g margarine or table spread
- 110g caster sugar
- 2 eggs
- 175g self raising flour
- 410g can of sliced apples



In a bowl, cream together the fat and sugar with a wooden spoon or plastic spatula until light and fluffy. Add the eggs one at a time, beating in each well until the mixture is smooth. Finally, gently fold in the flour to combine well.

Put the apples in a deep baking or casserole dish, then spoon on the sponge mix evenly.

Bake on 162°C fan-forced (180°C conventional) for 25-30 minutes, or until golden and the top starts to crack slightly. Test to ensure the sponge is cooked through by lightly pressing the top – if it springs back it's ready

Serves 4-6 with custard, ice cream, or both

okay to freeze

**Tip:** Apples can sometimes seem a bit bland. Add extra flavour by mixing them with a spoonful of your favourite jam, or sprinkle with cinnamon and toss in a handful of sultanas.

**A Season of Happiness - helping you towards a better lifestyle**



For a look at some informative articles on a variety of subjects just return to the web page