

## Seasonal Fruit Sponge with Custard

Serves 10

Ingredients	
5 (200g) apricots, stoned, sliced	210 self-raising flour, sifted
5 (400g) peaches or nectarines, stoned, sliced	100ml full fat milk
250g unsalted butter, plus extra for greasing	230g golden caster sugar
3 medium eggs	

- METHOD:
- Preheat the oven to 180C, 350F, gas mark 4, butter 10 muffin tins or line with paper cases.
- Slice the fruit, put the fruit into a roasting tin, dot with 25g of the butter, sprinkle with 15g sugar. Roast for 5-10 minutes until slightly soft.
- Beat the remaining butter and sugar in a bowl until light and fluffy. Add the eggs one at a time, and beat until thoroughly incorporated.
- Fold in the sifted flour, then add the milk, mixing quickly.
- Spoon the mixture equally into the muffin tins, layering with the fruit – the muffin tins should be approximately  $\frac{3}{4}$  full. Bake in the oven for 15-20 minutes until golden.
- Make the custard as per instructions. Serve with the individual puddings.



- ✓ COOK'S TIP – THE PUDDING IS SEASONAL, APRICOTS AND NECTARINES CAN BE REPLACED WITH BERRIES SUCH AS BLACKBERRY/RASPBERRY (200g) AND APPLE (400g) DEPENDING ON AVAILABILITY. FOR PUREE DIETS MAKE A FRUIT PUREE WITH CHOSEN PUDDING FRUIT
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- ✓ FOR EGG FREE DIETS, OMIT PUDDING AND CUSTARD, SERVE FRUIT AND GREEK/SOYA YOGURT INSTEAD
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- ✓ FOR DAIRY FREE DIETS, OMIT PUDDING AND CUSTARD, SERVE FRUIT AND SOYA YOGURT INSTEAD
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- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
394	4.9	22.9	45	29.4	0.6	1.2	111