

Magic Chocolate Pud

Serves 4-5

Sponge

1 cup[4 oz]SR flour

1/4 cup[2 oz] castor sugar

2 level teaspoons cocoa powder

1/3 cup[2 oz] walnuts[optional]

4 tablespoons melted butter or margarine

2/3 cup 1/4 pint] milk

few drops vanilla essence

Sauce

2/3 cup [5 oz] soft brown sugar

2 level tablespoons cocoa powder

1 cup [1/4 pint] boiling water

To make sponge put dry ingredients into a bowl then add butter, milk and vanilla essence to form a thick batter. Pour the mixture into a greased 7" ovenproof dish.

To make the sauce, mix the brown sugar, cocoa and boiling water then pour over the batter.

Bake in a 180c, 350F, Gas Mark 4 oven for 40 minutes.

Whilst cooking the sponge rises and a chocolate fudge sauce forms underneath. Delicious with vanilla icecream, custard or cream.

Julie Beach

Healthy Eating Score 3