

Malva Pudding

10 portions

Ingredients

Johnny Bags Sponge Pudding	0.416gr
Sunflower Oil	0.050ml
Bicarbonate of Soda	0.005gr
Apricot Jam	0.050gr
Water	0.208ml

Syrup

Johnny Bags Whey Dairy Blend	0.015gr
Water	0.135ml
Margarine	0.040gr
White Sugar	0.100gr
Vanilla Essence	0.005ml

Custard

Johnny Bags Custard Powder	0.055gr
Johnny Bags Whey Dairy Blend	0.055gr
Water	0.500ml

Method

1. Place sponge pudding in a mixing bowl. Dissolve the bicarb in the water and add to the sponge mix along with the oil and water. Mix well and pour in a well greased baking tray. Bake for 25 – 30 minutes at 180 degrees.
2. Add all the ingredients for the syrup together in a sauce pot and bring to the boil. Lower heat and simmer for 5 – 10 minutes. Once pudding is removed from heat, pour hot syrup over.
3. Mix 450ml of the boiling water with the whey dairy blend and mix well. Place in sauce pot and bring to the boil. Mix the other 50ml of water with the custard powder and stir into the whey dairy on the stove. Continue stirring till the custard thickens and serve with the pudding.

