



COME ON

LET'S  
DO  
THIS

Fat Saturates Sugar Salt

MED

LOW

MED

LOW

per 100g

Portions  
fruit & veg  
per serving

1

# Extra fruity jam sponge pudding

For more tasty recipes with a healthy boost, visit [lets-dothis.org.uk](https://lets-dothis.org.uk)

Recipe includes a healthy boost

Serves 4 | prep 10 mins | cook 20 mins

# Extra fruity jam sponge pudding

This popular pudding recipe gets a **healthy boost** with added frozen mixed berries. It can be baked, steamed or microwaved for a bit of extra warmth this winter.

## Ingredients

- 1 tbsp strawberry jam
- 1 egg, beaten
- 50ml rapeseed oil
- 100ml skimmed milk
- 50g wholemeal flour
- 25g plain flour
- 1 tsp baking powder
- 1 tbsp granulated sweetener
- 2 tbsp 0% fat yoghurt to serve.

## Healthy boost ingredients

- 320g frozen mixed berries, defrosted.

## Top tips

- Try using other fruits such as apple and blackberry or pears or stewed rhubarb.

## Method

1. Preheat the oven to 180°C / gas 4
2. Stir the berries and jam together, place in a basin and microwave 2 minutes, mixing until the jam melts into the juice
3. Meanwhile, put the egg, oil and milk into a mixing bowl and beat together for 1 minute, until the mixture is smooth and creamy
4. Mix together the flours and baking powder, add the sweetener and fold into the egg mixture until thoroughly combined
5. Carefully pour over the fruit and bake in a preheated oven for 15–18 minutes until lightly golden brown
6. Serve with a blob of yoghurt.

## Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
<b>222</b>	<b>11.3g</b>	<b>1.1g</b>	<b>8.7g</b>	<b>0.4g</b>
<b>11%</b>	<b>16%</b>	<b>6%</b>	<b>10%</b>	<b>7%</b>

%= an adult's reference intake



Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.