

Apple & rhubarb sponge pudding



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Preparation 20 mins | Cooking 55 mins | Serves 4

2 medium Golden Delicious apples, peeled, cored and cut into thin wedges
1 bunch rhubarb*, trimmed and sliced into 2cm pieces
¾ cup caster sugar
125g butter, softened (+ extra for greasing)
1 tsp vanilla extract
2 free-range eggs
¾ cup self-raising flour
1 tsp baking powder
icing sugar, to serve
reduced fat vanilla ice-cream, to serve

**You'll need 350g trimmed rhubarb - discard the leaves.*

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease a 6-cup (about 5cm deep) shallow baking dish with butter. Place apples and rhubarb into the dish and toss through ¼ cup caster sugar. Set aside.

STEP 2 Using electric beaters, beat butter, remaining ½ cup sugar and vanilla together in a large bowl until pale and creamy. Add eggs, one at a time, beating well after each addition.

STEP 3 Sift flour and baking powder over mixture. Using a large metal spoon, gently fold mixture until combined. Spoon batter over apples and rhubarb and gently smooth top. Bake for 50–55 minutes (cover loosely with a sheet of foil when top is golden) or until sponge is cooked through. Stand for 10 minutes. Dust with icing sugar and serve with ice-cream.

Good for you... **APPLES**

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.

