

## Recipe source: Renae Bradshaw

## Serves: 2 medium sized Difficulty: Easy

Ingredients:		Equipment:	
<ul> <li>1 cup self raising flour</li> <li><sup>3</sup>/<sub>4</sub> cup sugar</li> <li>2 tablespoons butter</li> <li><sup>1</sup>/<sub>2</sub> cup milk</li> </ul>	<ul> <li>Sauce:</li> <li>2 <sup>1</sup>/<sub>2</sub> tablespoons syrup</li> <li>1 tablespoon butter</li> <li>1 <sup>1</sup>/<sub>2</sub> cups water</li> </ul>	Measuring cups Measuring spoons 2 large heatproof dishes. Electric hand mixer	Medium mixing bowl Spoon Jug

## What to do: Preheat oven to 180

- **@** Grease the heat proof dishes with the butter; be very generous so that the pudding doesn't stick.
- e Beat the flour, sugar, butter and milk together in medium mixing bowl with electric beater until a batter is formed.
- Melt the syrup, butter and water together in small saucepan.
- Pour sauce over sponge using a spoon to evenly distribute.
- **@** Bake in a moderate oven for 30-40 minutes.
- **@** Serve warm and ENJOY.