

Recipe source: Renae Bradshaw

Serves: 2 medium sized Difficulty: Easy

Ingredients:		Equipment:	
 1 cup self raising flour ³/₄ cup sugar 2 tablespoons butter ¹/₂ cup milk 	 Sauce: 2 ¹/₂ tablespoons syrup 1 tablespoon butter 1 ¹/₂ cups water 	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.