



Healthier treacle sponge

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp canola oil
- ☐ 5 tbsp golden syrup
- ☐ 1 small orange zest finely grated ()
- ☐ 175 g self raising flour
- ☐ 1.5 tsp double-acting baking powder
- ☐ 100 g g muscovado sugar light
- ☐ 25 g almond flour
- ☐ 2 large eggs

- ☐ 175 g yogurt
- ☐ 1 tsp treacle black
- ☐ 25 g butter melted

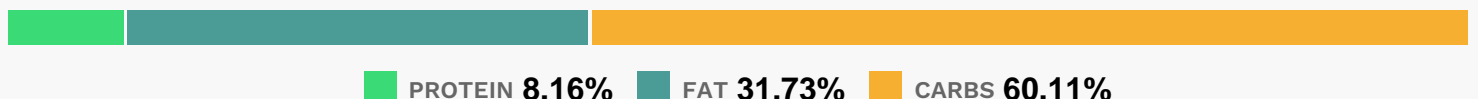
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Brush 6 x 200ml pudding tins with the tsp oil, then sit them on a baking tray. Stir together 4 tbsp of the golden syrup, the orange zest and 2 tbsp orange juice and spoon a little into the bottom of each tin (step 1).
- ☐ Tip the flour, baking powder, sugar (breaking up any lumps with your fingers) and ground almonds into a large mixing bowl and make a dip in the centre. Beat the eggs in a separate bowl, then stir in the yogurt and treacle.
- ☐ Pour this mixture, along with the melted butter and remaining 2 tbsp oil, into the dry mixture (step
- ☐ and stir together briefly with a large metal spoon, just so everything is well combined. Divide the mixture evenly between the tins (step 3).
- ☐ Bake for 20–25 mins or until the puddings have risen to the top of the tins and feel firm.
- ☐ Mix together the remaining 1 tbsp golden syrup and 1 tsp orange juice to drizzle over as a sauce. To serve, if the pudding tops have peaked slightly, slice off to level so they sit upright when turned out. Loosen around the sides with a round-bladed knife (step 4), then turn them out onto plates. Scrape out any syrupy bits remaining in the tins and put on top of the puddings, then drizzle a little of the syrup sauce over and around each one.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:23.4, Inflammation Score:-2, Nutrition Score:6.3113043463748%

Nutrients (% of daily need)

Calories: 369.52kcal (18.48%), Fat: 13.13g (20.2%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 54.6g (19.85%), Sugar: 33.09g (36.77%), Cholesterol: 74.75mg (24.92%), Sodium: 191.09mg (8.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.19%), Selenium: 17.6µg (25.14%), Calcium: 149.21mg (14.92%), Manganese: 0.25mg (12.38%), Phosphorus: 116.56mg (11.66%), Vitamin E: 1.23mg (8.18%), Vitamin B2: 0.14mg (8.14%), Iron: 1.15mg (6.4%), Fiber: 1.36g (5.42%), Vitamin B5: 0.53mg (5.33%), Folate: 20.39µg (5.1%), Vitamin A: 231.98IU (4.64%), Vitamin B12: 0.26µg (4.39%), Zinc: 0.65mg (4.33%), Magnesium: 16.64mg (4.16%), Potassium: 142.51mg (4.07%), Copper: 0.08mg (3.87%), Vitamin K: 3.81µg (3.63%), Vitamin C: 2.87mg (3.47%), Vitamin B6: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.74%), Vitamin D: 0.36µg (2.42%), Vitamin B3: 0.36mg (1.82%)