

Carrot & Courgette Pudding (Almost Fat Free)



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Wholemeal Flour	13 g	125 g	625 g	1.25 kg	2.5 kg
Caster Sugar	13 g	125 g	625 g	1.25 kg	2.5 kg
Baking Powder	0 g	4 g	21 g	42 g	83 g
Bicarbonate of Soda	0 g	4 g	21 g	42 g	83 g
Cinnamon	0 g	4 g	21 g	42 g	83 g
Vanilla Essence	0 ml	2 ml	10 ml	21 ml	42 ml
Eggs Medium	0.17 each	1.67 each	8.33 each	16.67 each	33.33 each
Carrots	15 g	150 g	750 g	1.5 kg	3 kg
Courgettes	15 g	150 g	750 g	1.5 kg	3 kg

Method

Grease the tins.

Mix flour, baking powder, bicarbonate of soda, sugar and cinnamon.

Add the eggs and vanilla essence, beat until well mixed.

Stir in grated carrots and grated courgette.

Pour into tins.

Bake at 170c until cooked through.

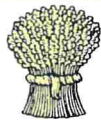
Assembled Tags



Contains Eggs

SO₂

Contains Sulphur
Dioxide &
Sulphites >
10mg/Kg



Contains Wheat