

Apricot G noise



Serves 4 **Prep 15 mins**

Cooking 55 mins

Easy

Ingredients

2 tsp maple syrup
400g tin of apricots, including the juice
150g self-raising flour
75g fresh breadcrumbs
100g brown sugar
1 tsp ground cinnamon
2 tbsp sun flower oil
200ml semi-skimmed milk

1. Preheat the oven to 180C/ Fan 160C/ Gas 4. Lightly oil a 1 litre pudding basin. Add the maple syrup or honey.
2. Drain the apricots, but reserve the juice. Place 8 apricot halves into the mould. Blitz the rest to a pur e with the juice and set aside.
3. Mix the flour, breadcrumbs, sugar, cinnamon. Incorporate the oil and the milk. Transfer the mixture to the mould with a spoon. Bake in the oven for 50-55 mins until firm and golden.
4. Take out of the mould and serve with the fruit puree on the side.