

Chocolate Saucy Sponge

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

| Quantity | Ingredient |
|----------|---|
| 120g | Margarine |
| 120g | Sugar Caster |
| 120g | Plain Flour (contains Wheat) |
| 100g | Wholemeal Flour (contains Wheat) |
| 10g | Baking Powder (contains Wheat) |
| 20g | Cocoa Powder |
| 100g | Eggs (2) |



Sauce

| | |
|-------|------------------|
| 300ml | Water |
| 160g | Soft Brown Sugar |
| 10g | Cocoa Powder |

Method

1. Combine and cream the margarine and sugar.
2. Beat the eggs and slowly add them to the creamed mixture, beating until smooth.
3. Stir in the dry ingredients.
4. Spread the mixture into a baking/serving tin.
5. Make the sauce by heating the water, sugar and cocoa powder, stir until melted and the sauce is smooth.
6. Pour over the sponge mixture,
7. Cover the baking/serving tin with a lid.
8. Bake in a moderate oven at 180°C, 365°F, Gas Mark 5 for 20 minutes

Nutritional Content per 45g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | NME Sugar (g) | Total Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|---------------|-----------------|----------|-----------|
| = 146. | = 6.0 | = 1.4 | = 14.4 | = 14.6 | = 0.3 | = 22.6 |

Portion size - Primary – 45g