

# Chocolate Saucy Sponge

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

## Ingredients

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Quantity	Ingredient
120g	<b>Margarine</b>
120g	Sugar Caster
120g	<b>Plain Flour</b> (contains <b>Wheat</b> )
100g	<b>Wholemeal Flour</b> (contains <b>Wheat</b> )
10g	<b>Baking Powder</b> (contains <b>Wheat</b> )
20g	Cocoa Powder
100g	<b>Eggs</b> (2)



### Sauce

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

## Method

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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)	Sugar (g)	Salt (g)	Carbs (g)
= 146.	= 6.0	= 1.4	= 14.6	= 0.3	= 22.6

**Portion size** - Primary – 45g