

French Pear Pudding

Ingredients

2 large tins pears
250g natural yoghurt
1 egg
2-tablespoon flour
1-tablespoon sugar
1-teaspoon vanilla essence

Optional

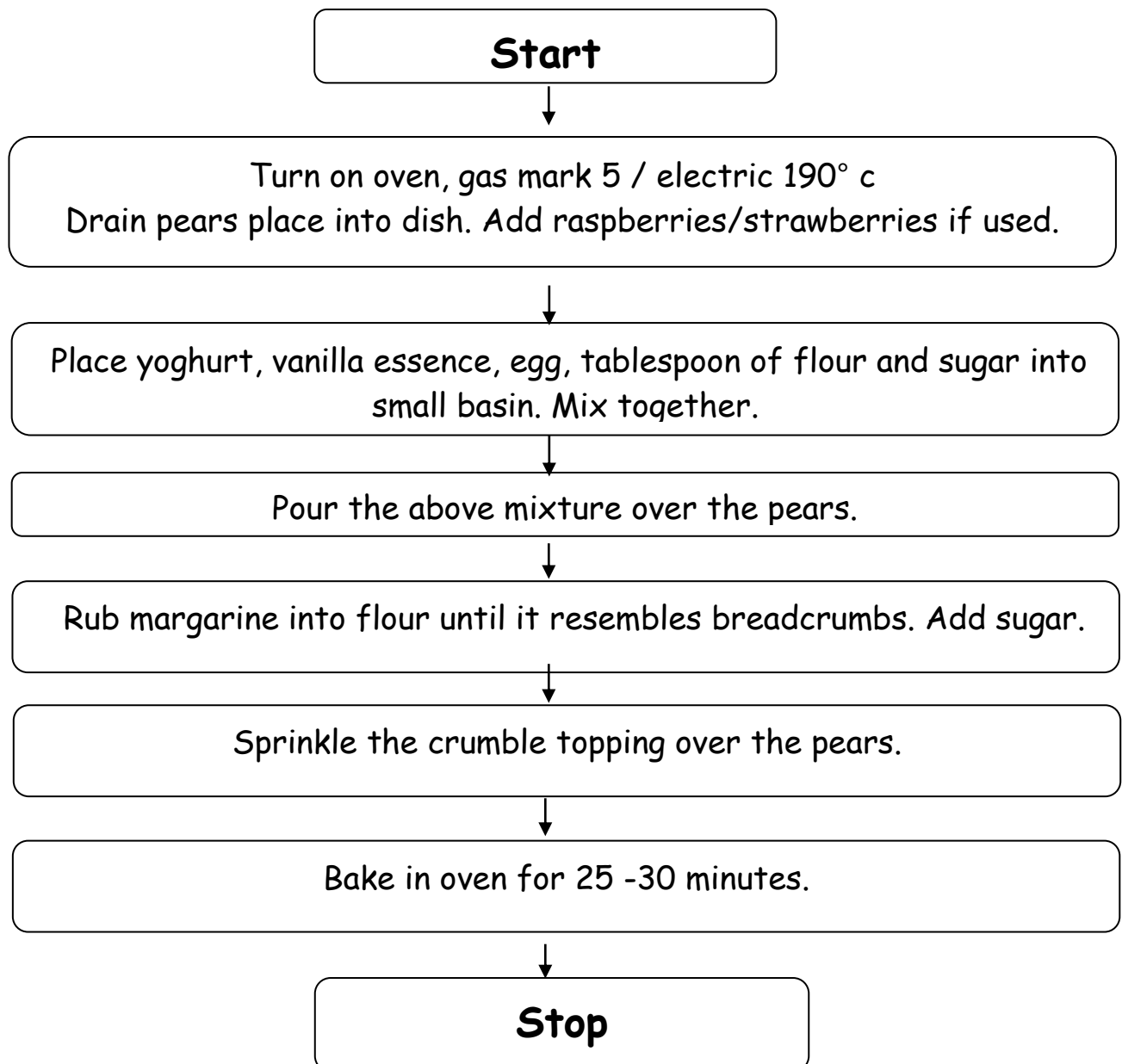
100g raspberries or strawberries

Topping

200g flour (wholemeal)
100g margarine (low fat)
75g sugar (can reduce to 50g)

Ovenproof dish

Method



To reheat at home: Bake for 20 minutes at gas 4/180c.