

Lemon Self-Saucing Pudding



Serves 6, 274 cal's each

1½ cups spelt flour
3 teaspoons of baking powder
2 teaspoons of lemon rind
3 tablespoons of rice malt syrup
80g butter, melted, cooled
½ cup milk
¼ cup of lemon juice
1 egg, lightly beaten

Sauce

2 teaspoons of lemon rind
¼ cup of rice malt syrup
1½ cups boiling water

Preheat oven to 180°C. Grease an 8-cup capacity ovenproof baking dish. Sift flour, baking powder into a large bowl. Add lemon rind and mix through.

Combine butter, rice malt, milk and egg in a jug. Slowly add to flour mixture, whisking until well combined and smooth. Add the lemon juice and mix through. Spoon into baking dish. Smooth top.

Sprinkle top of batter with the lemon rind

Mix rice malt with the boiling water.

Slowly pour boiling water with rice malt over the back of a large metal spoon to cover pudding. Bake for 35 to 40 minutes or until pudding bounces back when pressed gently in centre. Serve hot with cream.