

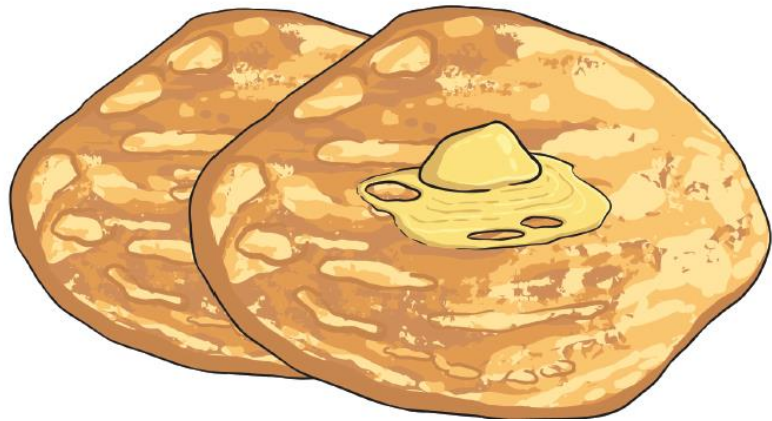
Ingredients

1 egg

4 oz of wholewheat flour

pinch salt

1/2 pint of milk and water mixed



Method

Mix all the wet ingredients together.

Mix all the dry ingredients together.

Once you have mixed the ingredients, slowly add the wet ingredients to the dry ingredients to create a stiff batter then continue add the rest. Beat it well until it's smooth.

Add a little bit of margarine into the pan and wait until it is bubbling.

Pour in the batter and cook until both sides of the batter are brown.

★ Eggless Sponge ★

Ingredients

1/2 pint of tea (without any milk or tea leaves/bags)
3 oz butter/margarine
3 oz sugar
3 oz sultanas
10 oz wholewheat flour (add 3-4 teaspoons of baking powder)
1 teaspoon all spice (mixed spice)
extra cinnamon if required



Method

Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted, leave it to cool.

Mix all the dry ingredients together.

Add and mix the dry ingredients into the cooled liquid. Give it a beat and mix it well.

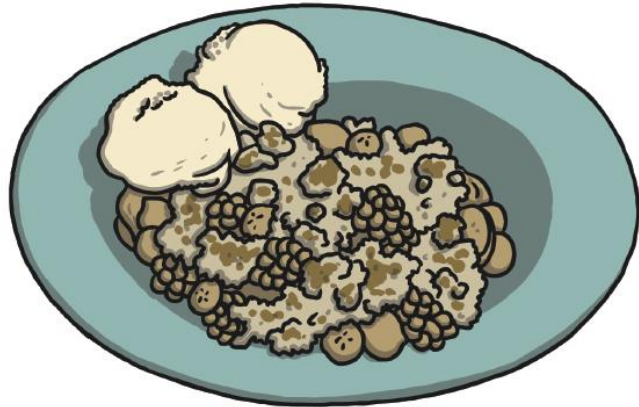
Grab a 7 inch cake tin and grease it. Put the mixture into it.

Cook on 180 degrees for around 45 minutes or more.

★ Pear Crumble ★

Ingredients

6-8 pears (Ripe and with the skins left on)
2 tablespoons margarine
handful of sultanas
lemon juice/zest if available
1/2 cup of rolled oats
1/2 cup of wholewheat flour
1/2 teaspoon all spice/mixed spice
custard powder, sugar and milk (for custard)



Method

Take the pears and core them and chop them whilst leaving the skins on.

Squirt some of the lemon juice and zest if available.

Add together the sultanas with the pears and lemon juice and place in a 7 inch greased cooking pan.

Mix all the spice and sugar together and sprinkle it over the top of the pears in the pan.

Mix 1/2 cup rolled oats and 1/2 cup wholewheat flour together in a bowl.

Add in the margarine and mix until the mixture resembles bread crumbs.

Sprinkle this mixture over the top evenly.

Place it in the oven, pre-heated at 200C, for 40 minutes.

Create the custard using the instructions on the can and serve it with the hot crumble.