



5 Minute Lemon Sponge Pudding

A nutritious pudding made with ground almonds and olive oil - 5 minutes start to finish AND delicious too!

Serves : 2

Ready In : 10 minutes or less

Ingredients

- 1 tbsp (*either*)
- 2 heaped tbsp ground almonds
- 1 tbsp olive oil
- zest of 1 lemon
- 1 tsp lemon juice (*use 2 tsp of lemon oil instead of zest and juice if you don't have a fresh lemon*)
- 1 large free range egg
- 1 level tsp baking powder (*gluten free if required*)

Instructions

- Throw (*literally!*) all ingredients together in a large bowl and whisk or beat until smooth.
- Spoon into greased (*microwave safe*) pudding bowl.
- Cook in microwave on 'high' for up to 1 1/2 - 2 minutes until springy.
- Turn onto a plate and serve with a dollop of creme fraiche or natural yoghurt.