

## Fate Christmas Pudding

### Ingredients

100g finely chopped apple, preferably Cox's orange pippin

200g currants

150g mixed dried fruit

1 teaspoon ground mixed spice

2 teaspoons ground cinnamon

2-3 large oranges

1-2 lemons

250g (1 packet) Fate Low Protein Cake Mix

50g suitable soft margarine

A few drops of gravy browning

Preheat the oven Gas Mark 5/190°C/375°F



### Method

1. Place the finely chopped apple, currants, dried fruit, mixed spice and cinnamon into a mixing bowl.
2. Grate the rind from 2 of the oranges and 1 of the lemons. Add this to the bowl.
3. Squeeze the juice from the oranges, and measure 150ml of juice. Then squeeze the lemons and measure 50ml of juice. Add this to the bowl. Stir to blend well. Leave to rest for 5 minutes.
4. Add the soft margarine and then add the packet of Fate cake mix. Stir well for about 1 minute until the mixture is all well blended together.
5. Stir in a few drops of browning to give a rich dark colour.
6. Leave for another 5 minutes to rest.
7. Meanwhile, grease 6 individual pudding basins about 250ml capacity.
8. Stir the pudding again, and make a wish. Then place the mixture into the pudding basins.
9. Set them into a deep roasting tin. Pour enough boiling water into the roasting tin to come about a third up the sides of the basins.
10. Bake in a preheated oven for about 35 minutes for individual ones. When cooked, they should be risen and firm.

**Note** The puddings freeze well. Just defrost and reheat in the oven or microwave until hot.

The recipe was provided by Fate Special Foods

