

Chocolate & Pear Upside-Down Pudding

Ingredients

1 packet Loprofin Chocolate Cake Mix

120ml sunflower oil

220ml sparkling water

4 tins of pears, drained

Chocolate buttercream icing – **check protein content on packet**

17cm (7") round sandwich tin, lightly greased and base lined with non-stick/greaseproof paper

Oven temperature: 180°C/350°F/Gas Mark 4

Method

1. Arrange the pears at the bottom of the lined sandwich tin.
2. Pour the Loprofin Chocolate Cake mix into a deep bowl, add the oil and stir thoroughly with a wooden spoon until it looks like breadcrumbs.
3. Add the sparkling water and mix thoroughly for 1 minute.
4. Pour the mixture over the pears until they are completely covered. Do not overfill the dish (any extra mixture can be used to make chocolate muffins).
5. Bake on the middle shelf of a preheated oven for 20-25 minutes, until firm.
6. Loosen the edges of the cake by cutting around the outside of the cake where it touches the cake tin and turn upside down onto a serving dish.
7. Use a chocolate buttercream icing to cover the pudding.