



## Microwave Fruit Dumpling

### Ingredients:

140ml water  
1 tsp mixed spice  
1/2 tsp cinnamon  
230g mixed dry fruit  
50g white sugar  
114g margarine or butter  
1 tablespoon black treacle  
1 egg, beaten  
114g plain flour  
½ bicarbonate of soda

### Method:

Into a heavy pan place the following ingredients; water, spices, fruit, sugar, butter and treacle. Bring to a boil and simmer for 1 minute only; remove from the heat.

Stir the egg, flour, and bicarbonate of soda into the mixture. It will appear to start cooking the mixture. Do not worry.

Put mixture into a large pudding basin or microwave safe bowl which has been lined generously with cling wrap. Wrap should flap over the sides of the basin; tap to get rid of air pockets.

Place into the microwave for about 5 minutes. Do not cover the top with the cling wrap. Each microwave is different and, depending on size and power.