



## Chocolate pear sponge

### Ingredients:

- 50g reduced fat spread
- 50g caster sugar
- 1 egg, beaten
- 75g self-raising flour
- 1 teaspoon cocoa powder
- 4-5 pear halves, either from a tin of pears (in juice), or fresh pears, peeled and cored

### Method:

1. Preheat the oven to 180C/350F/Gas mark 4.
2. In a bowl, cream together the reduced fat spread and sugar, then beat in the egg.
3. Fold in the flour and cocoa.
4. Line the bottom of a small baking tray with the pear halves, top with the chocolate mixture and bake for about 25-30 minutes, until just firm. (you could divide this between three ramekins instead).
5. Serve with a little ice cream or custard.

## **Did you know ?**

Pears are rich in fibre which helps you to feel full while promoting health.

Pears are a rich source of fibre and can be enjoyed in a variety of ways other than eating on their own.

This fruit also contains vitamins B and C and potassium which can help blood pressure.

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