

## Apricot and Custard Bake

This sweet, fruit flavoured style Yorkshire pudding is delicious with fresh apricots or try plums, nectarines or peaches when in season. If using canned fruit, use fruit in natural juice.



2 servings

40 g plain flour

1 medium egg, beaten

150 ml made-up SMA Toddler Milk

Knob of butter

4 ripe apricots, halved stoned and each cut into quarters or 10  
canned, drained apricots in natural juice

You will need two oven-proof dishes/ramekins that are 10 cm in diameter  
and hold 200 ml liquid.

1. Preheat the oven to 200°C, 400°F, Gas 6.
2. Sieve the flour into a bowl and make a well in the centre.
3. Add the egg to the centre well and gradually whisk in the flour. Gradually whisk in the SMA Toddler Milk until the batter is smooth.
4. Place a small knob of butter in each dish and place in the oven for 2 minutes or until melted and hot. Carefully swirl around the dish.
5. Divide the apricots evenly between each dish, then pour in batter.
6. Bake for 15-20 minutes or until puffed and golden. Dust with icing sugar and serve with

United Kingdom

Republic of Ireland

**SMA Careline**



Freephone 0800 0 81 81 80



[smanutrition.co.uk/knowhow](http://smanutrition.co.uk/knowhow)



Freephone 1800 931 832



[smanutrition.ie/knowhow](http://smanutrition.ie/knowhow)