



MEAL 6- HEALTHY BERRY CAKE

INGREDIENTS:

- 100g/4oz low-fat spread
- 85g caster sugar
- 1 Lemon
- 1 Egg
- 140g self-raising flour
- 1 tsp baking powder
- 4 tbsp low-fat natural yogurt, plus extra to serve (optional)
- 200g apple sauce
- 140g raspberries
- blueberries /blackberries
- 50g demerara sugar
- 2 passion fruits, halved and pulp scooped out

Step 1

Mix sugar, flour, baking powder, yoghurt, apple sauce and mix them

Step 2

Fold in the berries and put it in oven tray and then in oven for 20 min or until the sponge is brown

Step 3

Mix sugar and pulp of fruit along with lemon to make drizzle

Step 4

Drizzle over sponge and serve with vanilla ice cream

Enjoy!

