



## Quick Steam pudding (makes 3)

30g butter, melted  
75ml milk  
1 egg  
¼ cup golden syrup  
2 tablespoons (25g) brown sugar  
½ cup (60g) flour  
1 (30g) **Harraways Honey & Golden Syrup Oat Single sachet**  
½ teaspoon Baking Soda  
1 teaspoon ginger

1. Take 3 microwave safe cups and lightly grease with butter, then place a teaspoon of honey or golden syrup in the bottom of each cup.
2. In a large bowl melt the butter and then add the milk use a fork to stir in the egg, then add the golden syrup, sugar, flour, oats, baking soda and ginger.
3. Mix together and then pour approx. 100g of batter into each prepared cup.
4. Place the dishes uncovered into a **microwave** set on medium heat for 7mins (1000w).
5. Or steam in a flat bottomed saucepan with water in the bottom and a tight fitting lid at medium heat for 15mins.
6. Let cool for a minute then run a knife around the outside of the steam pudding and turn upside down on a plate.
7. Serve with yoghurt, fruit or vanilla ice cream.

(Microwaves cooking times may vary depending on make, model or age of microwave.)

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