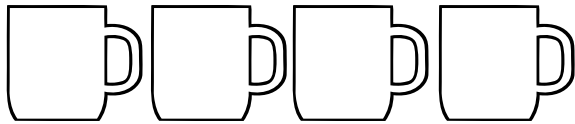


Microwave Jam Mug Pudding

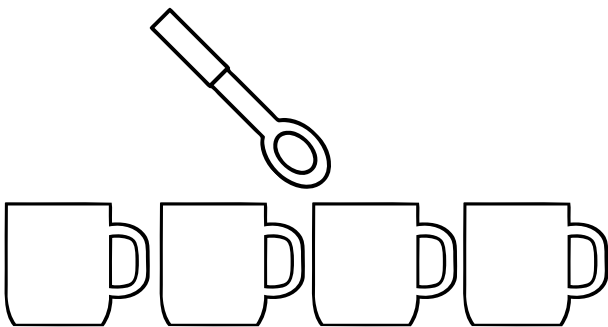
- 4 tablespoons Jam
- 1/2 cup oil
- 1/4 cup sugar
- 1 egg
- 1 cup plain flour
- 1 teaspoon baking powder
- 1/2 cup milk

1 Lightly grease 4 mugs. Put 1 tablespoon of jam in the base of each mug.



2 Whisk oil, sugar and the egg together in a bowl. Sift in the flour and baking powder. Add Milk and mix it all well.

3 Put mixture evenly in mugs on top of the jam.



4 Place in microwave and cook on high for approximately 4 minutes. Stand for 1 minute before running a knife around the edge and tipping out into a bowl.

