

PUMPKIN PARKIN

Makes 12 pieces
Per serving: 86 calories, 5% fat
Prep time: 10 mins
Cook time: 35 mins

INGREDIENTS

2 tbsps diced pumpkin
50g dark brown sugar
2 tbsps black treacle
100g Flora Lighter spread
2 eggs
100g semolina
1 tsp ground ginger
1 tsp ground cinnamon
2 tsps baking powder

METHOD

1. Preheat the oven to 150°C, 300°F, Gas Mark 2.
2. Cook the diced pumpkin in a pan of boiling water until soft, drain and set aside.
3. Mix together all the other ingredients in a bowl using an electric whisk. Fold in the pumpkin into the mixture using a metal spoon. Lightly grease and line a 20cm square mould or tin and pour in the mixture.
4. Bake in the centre of a preheated oven for 35 minutes until firm to the touch. Remove from the oven and allow to cool in the tin. Cut into squares and serve warm dusted with icing sugar or drizzled with low-fat custard.

