



## **Maple Syrup Puddings** **Chrissie Swan 10/03/10**

Serves 6

### **Ingredients**

200g unsalted butter  
200g self raising flour  
1 tsp baking powder  
¼ cup maple syrup (e.g. Camp) for mixture  
1 ½ cups maple syrup for base  
3 eggs  
½ cup caster sugar  
½ tsp vanilla extract

To serve:

Vanilla ice-cream  
Handful crushed walnuts (e.g. Lucky) or to taste  
½ tsp vanilla extract

### **Method**

Preheat oven to 180°C.

Cream butter and sugar till light and fluffy. Add eggs, one at a time. Fold in sifted flour and baking powder. Mix to combine.

Pour ¼ cup maple syrup into base of each little greased pudding cups. Spoon in mixture  
Place in a tray with water in the base.  
Cover with foil. Bake for 45 minutes.

Combine ice-cream with crushed walnuts and vanilla essence.

Turn puddings out onto plate and serve hot with the ice-cream.