

Chocolate Surprise Dessert

serves 4 - low fat - this recipe has no egg yolks and no margarine

Ingredients: -

For the crumb crust

150g/5oz - Amaretti biscuits, flaked

1 - egg white, lightly beaten

Grated rind of 1 orange and some almonds, to decorate

For the filling

60ml/4 tbsp - low fat unsweetened cocoa powder

60ml/4 tbsp - caster sugar

350ml/3/4 pint - skimmed milk

Preheat oven to 180°C/350°F/gas mark 4

Put the biscuits into a polythene bag and crush coarsely with a rolling pin

Reserve 15ml/1 tbsp for the decoration

Tiny pinch of salt

Method: -

Stir the crumbs into the egg white and toss until well mixed.

Spoon the biscuit mix into a 25cm/10" non-stick round flan tin.

With the back of the spoon, spread the mix evenly over the bottom and up the sides.

Bake for 7-10 minutes, cool in the tin on a wire rack.



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Put all the filling ingredients into a blender and blend until very smooth.

Rinse a heavy-based non-stick pan. Pour out the water but do not dry. (This helps prevent sticking and burning)

Pour the chocolate mix into the pan and cook over a medium heat, stirring all the time until it bubbles.

Continue cooking for 15 minutes then remove from heat.

Pour the chocolate pudding onto the crumb base.

Sprinkle the reserved biscuit crumbs, orange rind and flaked almonds over the top to decorate.

Chill for several hours in the refrigerator.
