



Apple pudding

Ingredients (serves 2)

- 200 g apple (1 apple)
- 1 egg
- 50 ml skimmed milk (lactose-free in case of intolerance)
- 30 g madeleine or cupcake

Method

1. Peel and cut the apple into small pieces.
2. Put the apple in a bowl, add a tablespoon of water, cover with a plate, and put in the microwave for four minutes at maximum power
3. In another bowl beat the egg and the milk together. Incorporate the madeleine or cupcake and let it soak for some minutes.
4. Strain the apple and add it to the mixture. Blend everything together.
5. Pour into an individual mould suitable for microwave cooking.
6. Cook in the microwave at maximum power for two minutes and thirty seconds approximately.
7. Let it cool, unmould and serve.

Recommendations

According to intolerance, it can be served with kiwi purée or yoghurt.