

Microwave cake with canned peaches



Ingredients (serves 3-4)

100 g canned peaches
30 g white or unrefined sugar
60 g flour
50 g milk
20 g extra virgin olive oil
5 g baking powder
1 egg white

Yogurt sauce (optional):

1 plain yoghurt (individual-size container)
10 g shelled walnuts

Method

1. Beat the egg white. Sift the flour and yeast. Mix all ingredients and beat with a whisk.
2. Drain the peaches well and set aside a quarter of them for a garnish. Drain and chop the rest of the peaches and add to the batter.
3. Pour batter into a wide, microwave-safe container and cook for approximately 4-5 minutes at maximum heat. The cake can also be prepared in individual moulds or even cups. In this case, fill the moulds or cups $\frac{3}{4}$ -full and microwave for about two minutes each.
4. Stir the chopped nuts into the yoghurt.
5. Remove cake from mould, cut into servings if necessary. Serve with yoghurt sauce and peach garnish.