

Epping
Forest



foodbank

MANGO

SPONGE

SERVES 12



MANGO SPONGE

Ingredients

1 can sliced mango in syrup, drained

200g butter, softened

225g caster sugar

4 large eggs

200g self-raising flour

140g Greek-style mango yogurt



MANGO SPONGE



Recipe

- 1 | Pre-heat oven to 180C.
- 2 | Grease and line a 20 x 30cm baking tin with baking paper.
- 3 | Dry the mango pieces on some kitchen paper, then chop into small pieces.
- 4 | Place the butter and sugar into a bowl, and whisk until smooth.
- 5 | Add the eggs, one at a time, beating well after each one is added. Use a spatula to fold through the flour, then the mango pieces and yogurt.
- 6 | Scrape the mixture into your tin and smooth over.
- 7 | Bake for 30 mins until risen and golden.
- 8 | Cool for 10 mins in the tin before removing from the tin



MANGO SPONGE

Cost

Mango - £1.00
Butter - £1.52
Caster Sugar - 46p
Eggs - 68p
Flour - 6p
Yogurt - 78p

TOTAL - £4.50

