

## Sponge fruit flan

### Flan case

2 eggs

50g/2oz caster sugar

50g/20oz self-raising flour

Small tin of fruit, e.g. peaches, pears,  
mandarin oranges, or fresh strawberries.

1 Quick Gel

### **Method**

1. Make a sponge flan case exactly as described above.
2. Drain the syrup from the fruit into a measuring jug. Add enough water to make 125mls/  $\frac{1}{4}$  pint liquid.
3. Arrange the fruit neatly in the flan case.
4. Make up 'Quick Gel' using the instructions on the back of the packet.