

Healthy Yorkshire Pudding

Ingredients

30 g plain flour

2 eggs

75 ml skimmed milk

1 good pinch salt

low calorie cooking spray

Method

1. Pre-heat oven to 210°C
2. Put all the ingredients in a decent sized bowl and whisk, by hand, until the mixture is smooth.
3. Spray 4 holes in a small to medium sized muffin tray with a decent amount of low calorie cooking spray and place in the oven until it starts foaming slightly (it's really important this gets hot!)
4. Divide the batter evenly between the 4 moulds and place in the oven
5. Do not open the oven door, but after about 10 minutes turn the oven down to just under 200°C and allow to cook for another 5 - 10 minutes (you should be able to take a look after about 15 minutes)
6. When the Yorkshires are risen and nicely browned remove from the oven and serve.