

Microwave lemon and ginger syrup pudding

Prep: 20 mins • Cook: 10 mins • Serves: 6

Lemon and ginger flavours may help if you are experiencing taste changes. This is a great pudding if your appetite is poor.

Ingredients

- 1 lemon
- 4 tablespoons golden syrup
- 175g self-raising flour
- 175g caster sugar
- 175g unsalted butter
- 3 eggs
- 3 teaspoons ground ginger
- Extra butter for greasing

Carbohydrate Flour, sugar and syrup are the main source of carbohydrate in this meal and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium If you have been prescribed a phosphate binder, ensure you take them with this dish.

Special diets

Gluten free: Use a gluten-free flour.

Healthier option If you wish to reduce the amount of fat you eat, consider using a low-fat spread in place of the butter. This pudding is high in calories due to the high syrup and sugar content. You could try reducing the syrup by half and reducing the serving size if you are trying to manage your weight. To reduce the sugar content, you may wish to try a granulated sweetener in the sponge. This type of pudding is meant for a special occasion.

Storage Keep refrigerated and use any leftovers within three days.



Special occasion

Dessert

	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
	Low fat	£1.04	Cost per portion <small>(costed July 2022)</small>
53.5g	Carbohydrate	402kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Lizzie Morey

This light and fluffy microwaveable pudding makes a delicious treat, with syrupy lemon and ginger flavours.



1

Grease a pudding basin around 570ml (1 pint) in size with a small amount of butter and place a circle of grease-proof paper in the bottom.



2

Grate the zest from the lemon and put aside. Cut the lemon in half and place a sieve over a bowl. Use a fork or tongs to squeeze the juice from the lemon. The sieve will catch the lemon seeds and pulp, and let the juice drain through.



3

Spoon the golden syrup into the bottom of the pudding basin and add the lemon zest.



4

Mix together the lemon juice, self raising flour, caster sugar, butter, eggs and ginger. Pour this mixture on top of the syrup and lemon zest.



5

Cover the basin with greaseproof paper and secure with a piece of string, with a large loop for a handle. Place the pudding in the microwave for 8-10 minutes (750 watts) or place it in a steamer for 1 hour 30 minutes.



6

Leave to stand for 2-3 minutes and then cut the string around the bowl. Carefully run a knife around the edges of the basin and turn out onto a plate. Cut in to six portions and serve.



The Kidney Kitchen was created by Kidney Care UK to help patients and their families live well with kidney disease. Recipes have been developed by our professional chef and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group (RNG).

www.kidneykitchen.org



Watch online

Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us [#KidneyKitchen](https://twitter.com/KidneyKitchen)

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