

# MANNIK

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# Ingredients:

- 1 cupful mannacroup
- 1 bottle yoghurt
- 2 tblsps sugar
- 1 egg
- 0.5 tsp household soda
- 4 tblsps sour cream
- butter
- salt.

## Directions:

- Sift the mannacroup, add yoghurt, salt, egg, sugar, mix and set aside for 2 hours to swell



- Then add the household soda, stir the ingredients together until they are thoroughly mixed



- pour onto a greased hot skillet or mould and bake in oven



- Serve the pudding with sour cream or melted butter poured over.

**YUMMMY!**

