

# FOOD ON THE RUN!

I was so excited when I received my first recipe send in by one of the members. THANK YOU Salomè. I really appreciated the recipe, especially because I am crazy about sweet corn. This goes well as a side dish at a braai, as well as for a meal.

## **Baked Sweet corn tart**

### **Ingredients :**

- ❑ 4 tablespoons margarine
- ❑ 4 tablespoons sugar
- ❑ 4 eggs
- ❑ 3 dessertspoons Maizena
- ❑ 2 teaspoons Baking Powder
- ❑ 1 teaspoon Aromat
- ❑ 1 ½ cups milk
- ❑ 2 cans sweet corn (cream style)
- ❑ grated cheese (Optional)

### **Method :**

Mix all ingredients, except milk and sweet corn – mix well (or Salomè uses her blender on lazy days). Add milk. Pour into buttered oven dish (30cmx30cm). Stir in corn. Bake at 180°C for +/- 40 minutes. Serve warm.

**We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.**

Forward any recipes to me at : [drocher@absamail.co.za](mailto:drocher@absamail.co.za)

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