

SPICED DATE & CARAMEL VEGAN SELF SAUCING PUDDING

 RSF, VGN

 1 hr

 8-10



Ingredients

- 90g coconut oil
- ¾ cup coconut milk or almond milk
- 1½ cups spelt flour
- 1 tsp baking powder (I use 'Bob's Red Mill' gluten free baking powder)
- ½ cup coconut sugar
- 150g finely chopped dates
- 1 tbs vanilla powder (or extract)
- 1½ tbs cinnamon
- ½ tsp allspice
- Pinch sea salt
- ½ cup coconut sugar
- ¼ cup pure maple syrup
- ¼ cup coconut milk or almond milk
- 1½ cups boiling water
- ½ tsp sea salt



Method

1. Pre-heat the oven to 180 degrees celcius.
2. Sift in the flour, baking powder, cinnamon and allspice into a large mixing bowl and stir to combine.
3. Melt the coconut oil and coconut milk in a small saucepan over low heat.
4. Add the coconut sugar and vanilla to the saucepan and stir to combine.
5. Next pour the warm coconut mixture into the bowl of dry ingredients along with the chopped dates and a pinch of sea salt.
6. Stir well to combine.
7. Spread the mixture evenly into a baking dish (roughly 6-8 cup capacity).
8. In a mixing jug combine the coconut sugar, ½ tsp sea salt, maple, coconut milk, and boiling water, and stir until the coconut sugar has dissolved.
9. Carefully pour the hot liquid over the pudding batter (I like to pour the liquid over the back of a spoon so it spreads evenly and doesn't create a big hole in the centre of the pudding).
10. Bake the pudding for 45 minutes.
11. Remove the pudding from the oven and let it rest for 10 minutes before serving.
12. Dust the pudding with a little extra cinnamon and serve warm with coconut yogurt (for non vegan, fresh cream or natural yogurt). Enjoy!

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