

Vegan Caramel, Date & Fresh Ginger Self-Saucing Pudding

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Gather & Feast

This comforting and delicious dessert is vegan and only requires just a handful of key ingredients, hopefully, most of which you likely already have in your pantry.

SERVES 6-8 | **PREP TIME** 20 minutes | **COOK TIME** 40 minutes | **TOTAL TIME** 1 hour

INGREDIENTS

Pudding

- 125ml (1/2 cup) olive oil
- 175ml (3/4 cup) plant-based milk of your choice (such as almond, oat, coconut, soy) - feel free to use regular milk if you don't need a vegan option
- 100g (1/2 cup) coconut sugar or brown sugar
- 10 medjool dates, pitted & finely chopped (or 180g pitted packet/cooking dates, finely chopped)
- 1 tablespoon vanilla extract
- 1-inch piece of fresh ginger, finely grated (roughly 1 tablespoon)
- Pinch sea salt
- 185g (1 1/2 cups) spelt flour or wholemeal flour (or plain/all-purpose flour) OR (for a gluten-free option, use a GF baking blend)
- 1 teaspoon baking powder
- 125g (1/2 cup) plant-based unsweetened yoghurt (or Greek yoghurt for non-vegan option)

Caramel sauce

- 100g (1/2 cup) coconut sugar or brown sugar
- 60ml (1/4 cup) pure maple syrup
- 125ml (1/2 cup) plant-based milk of your choice (such as almond, oat, coconut, soy) -



feel free to use regular milk if you don't need a vegan option

- 375ml (1 1/2 cups) boiling water
- 3-4 tablespoons cognac, whisky or brandy (optional)
- 1/2 inch piece of fresh ginger, finely grated (roughly 1 teaspoon)
- 1/2 teaspoon sea salt

METHOD

1. Preheat your oven to 180°C/350°F.
2. In a large mixing bowl, whisk together olive oil, plant-based milk, sugar, dates, vanilla extract, grated ginger, and a pinch of sea salt.
3. Add spelt flour (or preferred flour) and baking powder to the bowl, then add the yoghurt and fold in until well combined. The batter should be just smooth.
4. Pour the pudding batter into the baking dish (roughly 6-8 cup capacity), spreading it evenly.
5. In the same mixing bowl (to minimise washing up), combine coconut sugar, maple syrup, plant-based milk, grated ginger, and boiling water. Stir until the sugar has dissolved.
6. Carefully pour the hot caramel sauce mixture over the pudding batter. Use the back of a spoon to distribute it evenly.
7. Bake the pudding for 40 minutes.
8. Remove the pudding from the oven and let it rest for 10 minutes before serving.
9. Serve warm with your choice of toppings such as vegan ice cream, coconut yoghurt, or whipped cream.
10. Optionally, dust the pudding with a little cinnamon before serving.

NOTES

Use plant-based milk and yoghurt for a vegan-friendly option, but feel free to use dairy equivalents if you're not strictly vegan.

Spelt flour, wholemeal flour, or all-purpose flour can be used interchangeably based on your preference or dietary restrictions. For a gluten-free option, opt for a gluten-free baking blend.

Coconut sugar or brown sugar can be used for both the pudding and the caramel sauce.

Use a baking dish with a capacity of roughly 6-8 cups to accommodate the pudding mixture and sauce comfortably.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/vegan-caramel-date-fresh-ginger-self-saucing-pudding>

Let me know if you make the recipe! x **@gatherandfeast**