



Recipe Card

Sticky Toffee
Pudding

How
difficult is it?



liked by 

 AllergyUK

Sticky Toffee Pudding

Ingredients

- 200 g chopped dates
- 350 ml coconut milk 2% fat or rice milk, I use Koko UHT
- 1 tsp bicarbonate of soda
- 100 g vegetable oil rice bran, sunflower or rapeseed
- 100 g light brown sugar
- 200 g gluten -free self raising flour
- 1 tbsp water or juice if the mixture is too stiff

For the toffee sauce

- 400 ml full fat coconut milk
- 4 tbsp dark brown sugar
- 1 tsp black treacle
- 2 tsp cornflour

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One of the nation's favourite desserts, this version comes in at under 270 kcals per portion and has broken free from the traditional lashings of butter and cream. This recipe is made of pure, simple ingredients, and the result is a much lighter, but just as delicious pudding.

Instructions

1. Preheat the oven to 180C/160C fan or GM5. Line a 20cm square tin with grease proof paper.
2. Begin by making the sponge. Add the chopped dates to a medium-sized pan and pour over the low-fat coconut milk. Bring to a gentle simmer for about 5 minutes, stirring every so often.
3. Remove from the heat, and add in the bicarbonate of soda, stirring until completely mixed in. It will fizz up a little, and all those tiny little bubbles are what is going to create the lightness to the sponge. Allow to cool.
4. Mix together the oil and the sugar, then lightly fold in the self-raising flour. Finally, add the date mixture, and gently fold in so you keep as many of the bubbles as you can. Add in the extra tablespoon of water or any fresh juice if the mixture doesn't drop off the spoon easily.
5. Tip into the tin, and bake for 30 minutes, until a skewer comes out clean and the sponge is springy to touch.
6. To make the sauce, add the coconut milk, dark brown sugar, and treacle to a saucepan, and heat gently. Mix the cornflour with 2 teaspoons of water, and add to the saucepan, stirring constantly until thickened.
7. Cut the sponge into 12 pieces, and serve with the sauce in a jug for everyone to pour over themselves.