

## HEALTHY STICKY DATE PUDDING WITH CARAMEL SAUCE

1. Preheat the oven to 180c/160c fan assisted, and prepare a large cooking bowl or baking tin.
2. Place the below ingredients in to a mixing bowl and leave for 10 minutes. The mixture will froth.
  - **150g pitted Medjool Dates, cut in to quarters**
    - **½ Cup Boiling Water**
    - **½ Teaspoon Baking Powder**
3. After 10 minutes add the below ingredients in to the mixing bowl
  - **¼ cup Pure Maple Syrup**
  - **¼ cup melted Coconut Oil**
    - **1 Large egg**
  - **1.5 cups Almond Meal (or Ground Almonds)**
4. Pour the mixture in to the prepared bowl/tin and place in the middle of the oven for around 45 minutes.
5. Take out of the oven and leave to cool for 10 minutes before serving as it'll be piping hot. This will also give you time to prep the sauce.
6. Simply melt the below ingredients together in a small sauce pan until bubbling.
  - **25g organic/Grass Fed Butter (unsalted)**
    - **1/3 cup Pure Maple Syrup**
    - **200ml Coconut Cream**