Sticky Toffee Pudding with Toffee Sauce

Gluten Free   Dairy Free   Vegan,

Serves 2

Ingredients

For the date pudding

65g chopped dried dates

50ml boiled water

½ tablespoon of ground chia seeds (or 1 egg if not vegan/egg free)

25g Vitalite Dairy Free Spread melted

50g gluten free self raising flour (Doves Farm)

¼ teaspoon bicarbonate of soda

For the toffee sauce

20ml soya cream (Alpro Single Soya)

80g soft brown sugar

40g Vitalite Dairy Free Spread melted

½ teaspoon vanilla essence

Method

1. Preheat oven to 160°C Fan / 180°C / Gas 4 .
2. Chop dates roughly then place in a bowl and pour over the boiled water, leave to soak for about 15 minutes.
3. To make toffee sauce, in a small pan add the soya cream, brown sugar and dairy free butter and stir to combine, then over a medium heat leave until butter melts and it reaches boiling point. Boil for 5 minutes to make toffee sauce. Do not stir.
4. Pour a small amount of toffee sauce into the pudding basins.
5. Melt the butter for the pudding in the microwave or in a pan.
6. In a separate bowl mix the chia seeds (or egg) with the melted dairy free butter.
7. Mash the dates with a fork, they should have swelled up and softened. Add to the mixture.
8. Add the self raising flour and bicarbonate of soda to the mixture and beat with a wooden spoon until combined.
9. Spoon into the pudding basins until ¾ full and then cover loosely with kitchen foil.

10. Bake for 20 minutes. To test if the puddings are cooked, remove the foil and gently press the top with a finger. If it's ready it will feel spongy and will bounce back where pressed. A further test is to insert a metal skewer into the pudding. If the skewer comes out clean, the puddings are cooked.
11. Re heat the remaining toffee sauce until hot, smooth and glossy.
12. Place the pudding basin upside down in the middle of a plate and turn out. Drizzle the toffee sauce over the pudding until if forms a pool around the cake.