

Date and Ginger Pudding

Dessert (4 Serves)

Ingredients

- ½ cup pitted dates
- ½ fresh red apple
- 100ml water
- ½ cup plain flour
- 2 tsp margarine
- 1 medium eggs
- ¼ teaspoon bicarb soda
- ½ teaspoons baking powder
- ½ teaspoon vanilla essence
- ¼ teaspoons ground ginger

Method

1. Preheat the oven to 180°C
2. Remove seeds from dates, peel the apples and chop into chunks roughly 1cm or ½ inch.
3. Place the dates and chopped apple into a large pot, with water.
4. Bring to the boil, stirring occasionally. Once boiling, keep on the heat for 3 minutes, then remove from heat.
5. Add the margarine and stir in until it is melted.
6. Stir the bicarb soda into the dates. It will froth up and become a little creamier. Set aside.
7. Pour date mixture into food processor and blitz for 60 seconds or until all combined.
8. Combine the flour, baking powder, ground ginger, eggs, and vanilla essence. Add the date mixture to these ingredients, stir until combined.
9. Grease the sides of 4 ramekins with margarine. Pour the batter into the mould.
10. Bake for 50 minutes or until a skewer comes out clean.

Sauce

Ingredients

- ½ cup kombucha
- 2 teaspoon honey
- ¼ teaspoon lemon myrtle
- 3 tbsp light coconut cream

Method

1. Bring the Kombucha, honey, and Lemon myrtle to boil, reduce the heat to medium and cook to a dark caramel.
2. Add the coconut cream being careful as it may spit and continue stirring until it returns a boil. Reduce it into thick caramel consistency.
3. Serve - Pour the Kombucha sauce on top of pudding and garnish with some sliced dates and lemon balm.