
Sticky Toffee Date Pudding ☐ Vegan, Gluten-Free and Refined Sugar Free

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 6-7

Ingredients:

Cake

- 1 cup pitted soft dates
- 1/2 cup almond milk
- 1 teaspoon apple cider vinegar
- 2 tablespoons date molasses
- 2 tablespoons ground flax
- 1/4 cup coconut or grapeseed oil
- 1/2 teaspoon vanilla
- 1/2 cup almond flour
- 1/4 cup oat flour
- 1/4 cup [sorghum](#) (or millet) flour
- 2 tablespoons cornflour / arrowroot starch
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/4 cup aquafaba, cold

-
- 1/4 teaspoons cream of tartar

Coconut Toffee Sauce

- 250 ml Coconut Milk, full-fat
- 1/3 cup coconut (or whole-cane brown) sugar
- 1 tablespoon sugar cane molasses
- 1/2 teaspoon vanilla
- 1/8 tsp salt

Instructions:

1. Place the dates in a small bowl and pour over some boiled water. Set aside for a few minutes just to soften.
2. Pre-heat the oven to 350F or 160C. Prepare 6 ramekins or silicone molds by greasing them well and place on a baking sheet.
3. In a medium bowl mix together the almond flour, oat flour, sorghum, starch, salt, baking soda and baking powder. Mix to combine.
4. Drain and place the dates into a blender or food processor. Add the milk, vinegar, date molasses, ground flax, oil, and vanilla. Blend until smooth.
5. In a separate small bowl, whip the aquafaba with the cream of tartar using a hand-held mixer until stiff peaks, about 1 minute.
6. Pour the date mixture over the dry ingredients and combine until all the flour has been incorporated. Next add a dollop of the whipped aquafaba just to lighten the mixture slightly, then gently fold in the rest.
7. Divide the mixture into your ramequins, about 80-100g each. Bake for 20mins until the cake is puffed and set on top, and a skewer inserted into the centre comes out clean.
8. While the cake is baking, make the sauce: In a small saucepan combine the coconut milk, sugar, molasses, vanilla and salt. Simmer over low heat for 15-20mins until the sauce is thick like heavy

cream and toffee like.

9. Once the cakes have cooled a little, invert onto a plate. Serve warm with the toffee sauce poured on top.