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

Cook Time: 0 min Ingredients:	prep Time: 0 min	total Time: 0 min	servings: 6-7					
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 top.	the cakes have c	ooled a little, inver	t onto a plate. S	Serve warm with t	he toffee sauce p	oured on
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