Vegan & Gluten-Free Chocolate Pudding

Cook Time: 30 min   prep Time: 20 min   total Time: 50 min   servings: 10

Ingredients:

For the cake:
Almost 1 cup (105g) oat flour
Almost 1/2 cup (80g) whole cane sugar or coconut sugar
1/4 cup (25g) cacao powder
1 1/8 teaspoon baking powder
Almost 1/2 teaspoon salt
Almost 1/3 cup (80ml) non-dairy milk (I used oat)
1/3 cup (90g) apple sauce (see intro)
3 tablespoons (50g) chia egg (see intro)
3 tablespoons (45g) almond butter
1 teaspoon vanilla extract
1/4 cup (45g) dark chocolate, chopped
For the sauce:
2 1/2 tablespoons cacao powder
Almost 1/2 cup (80g) whole cane sugar or coconut sugar
2/3 cup (180ml) boiling water
3/4 teaspoon instant coffee

Instructions:

1. Pre-heat the oven to 350F or 160C. Grease a medium ceramic or pyrex dish with a little oil (the one I used was 23cm long and 14cm wide) then place on a baking sheet and set aside.
2. In a medium bowl, sift together the oat flour, sugar, cacao powder, baking powder and salt.
3. In another small bowl or glass measuring cup, mix tougher the milk, apple sauce, chia egg, almond butter and vanilla.
4. In a third small bowl or glass measuring cup, mix together the cacao powder, sugar and coffee for the sauce and then turn the kettle on to boil the water.
5. Add the liquid mixture to the dry cake mixture and mix to combine, adding the chopped chocolate in the last few strokes. Transfer the thick batter to the prepared dish, spreading out evenly.
6. Add the boiling water to the dry sauce ingredients and mix well to combine. Then carefully and slowly pour all over the cake batter.
7. Place the dish on the baking sheet, and bake for approximately 25-30 minutes. Most of the liquid will have been absorbed, with small puddles of sauce peaking and bubbling.
8. Let cool for about 10 minutes then serve still warm with dairy-free ice cream.

Notes:

Best served warm on the day of baking. Any leftovers can be stored in the fridge covered for up to 3 days.