

Sticky Toffee Pudding

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

THREE: Meanwhile, in a small saucepan, combine Sucanat and milk. Place on medium heat and bring to a boil, stirring until Sucanat dissolves, about 45 to 60 seconds. Reduce heat to medium-low and simmer until thickened, about 5 minutes. Divide puddings among serving plates and top each with Sucanat sauce, dividing evenly. Serve warm.

Nutritional Bonus: Dates are a good source of tryptophan, just 1 of the 9 essential amino acids your body is unable to produce on its own. Animal products, soy foods and quinoa are complete sources of all 9 protein-building amino acids, but many fruits and vegetables, such as dates, contain at least 1. Complement your diet with other fruits and vegetables that contain the remaining acids you need to reach your daily required intake.

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Spray a 6-cup muffin pan with cooking spray. Bring a kettle or small saucepan of water to a boil.

TWO: In a small heat-proof bowl, add dates and cover with ½ cup boiling water. Let sit for 5 minutes, until dates soften slightly. Drain and transfer to the bowl of a food processor fitted with a steel blade. Pulse until finely chopped, about 30 seconds. Add butter, cane juice, yogurt and egg; pulse to combine, about 20 seconds. Add flour, cinnamon, allspice and baking soda; pulse until just combined, about 15 seconds. Divide mixture among muffin cups, filling each two-thirds full. Transfer to oven and bake for 20 to 25 minutes, until a toothpick comes out clean when inserted in center.

FOLD LINE

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STICKY TOFFEE PUDDING

Serves 6. Hands-on time: 15 minutes. Total time: 30 minutes.



INGREDIENTS:

- Olive oil cooking spray
- 2 oz pitted Medjool dates
- 2 tbsp organic unsalted butter, room temperature
- 3 tbsp organic evaporated cane juice
- ¼ cup low-fat plain yogurt
- 1 large egg
- ½ cup light spelt flour
- ½ tsp ground cinnamon
- ½ tsp ground allspice
- ½ tsp baking soda
- 3 tbsp Sucanat
- ½ cup unsweetened plain almond milk

Nutrients per serving (1 pudding and 2 tsp Sucanat sauce): Calories: 162, Total Fat: 5 g, Sat. Fat: 3 g, Carbs: 27 g, Fiber: 1.5 g, Sugars: 19 g, Protein: 3 g, Sodium: 137 mg, Cholesterol: 46 mg