



PREP: 15 min  
COOK: 25 mins  
SERVES: 8

## Sticky Date Puddings with Salted Caramel Sauce

The aroma of this wonderful dessert will fill your kitchen as it bakes and even better, it's a little lighter on the hips. All the more reason to enjoy when comfort is the order of the day!

### Ingredients

#### Sticky Date Puddings

250g pitted dates, roughly chopped  
1½ cups (375ml) boiling water  
1 tsp bicarbonate of soda  
Cooking oil spray, to grease  
100g butter, chopped, softened  
1¼ cups EQUAL SPOONFUL  
3 large eggs  
1 tsp Queen Vanilla Bean Paste  
1½ cups (225g) self raising flour  
1 tsp ground ginger  
1 tsp mixed spice

### Method - Sticky Date Puddings

#### STEP 1

Place dates and water in a medium saucepan over a high heat. Bring to the boil, then simmer for 2 minutes or until dates are slightly softened. Remove from heat and stir in bicarbonate of soda. Set aside to cool to room temperature.

#### STEP 2

Meanwhile, grease 8 holes of two 6-hole ¾ cup capacity Texas muffin tins with cooking oil spray. Line base of each hole with a disc of baking paper.

#### STEP 3

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## Ingredients

1 tsp ground cinnamon or Queen  
Cinnamon Baking Paste  
Ice-cream, to serve

### Salted Caramel Sauce

125ml butter, chopped  
1/4 cup EQUAL SPOONFUL  
1 heaped tbsp golden syrup  
150ml thickened cream  
Pinch of sea-salt flakes

## Method - Sticky Date Puddings

Preheat oven 180°C (fan forced). Place butter in the bowl of an electric mixer and beat on high, with paddle attachment, until pale. Add Equal Spoonful and beat until mixture resembles crumbs. Add eggs, Vanilla Bean Paste and ½ cup of the flour and beat well with a wooden spoon for 1 minute or until combined. Add spices, remaining flour and the cooled date mixture, and mix until well combined. Spoon mixture evenly into prepared holes (approx. 1/3 cup batter into each hole). Bake for 25 minutes or until golden.

## Method - Salted Caramel Sauce

### STEP 1

To make salted caramel sauce, put butter in a small saucepan over a medium heat and cook, stirring occasionally, until melted. Stir in Equal Spoonful and golden syrup. Bring to the boil and stir in cream. Bring back to the boil, stirring continuously, then simmer, stirring, for a further 4 minutes or until light golden. Stir in sea-salt flakes.

### STEP 2

Serve puddings with ice-cream and salted caramel sauce.

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