



STICKY TOFFEE PUDDING

Ingredients:

- 175G PITTED DRIED DATES
- 150ML MAPLE SYRUP
- 1TSP VANILLA
- 2 LARGE EGGS
- 85G SELF RAISING FLOUR
- 175ML HOT WATER
- HAND-FULL OF PECANS
- NOB OF BUTTER (FOR GREASING)

Method

- PRE-HEAT THE OVEN TO 180C/GAS MARK 4.
- IN A FOOD PROCESSOR, BLEND TOGETHER THE DATES, HOT WATER AND 6 TBSP'S OF MAPLE SYRUP UNTIL SMOOTH.
- TRANSFER INTO A BOWL AND BEAT IN TWO EGG YOLKS AND THE FLOUR.
- IN A SEPARATE BOWL, WHISK TOGETHER THE EGG WHITES UNTIL STIFF.
- GENTLY FOLD THE EGG WHITES INTO THE MIXTURE UNTIL WELL COMBINED.
- GREASE A BAKING TIN AND POUR IN THE REST OF YOUR MAPLE SYRUP TO COVER THE BOTTOM OF THE TIN. SPRINKLE YOUR PECANS IN THE TIN.
- POUR IN YOUR MIXTURE AND BAKE FOR 45-50MINS UNTIL GOLDEN BROWN.

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Nutritional Information

DATES - DRIED DATES ARE RICH IN POLYPHENOLS. THESE COMPOUNDS PROVIDE A WIDE VARIETY OF HEALTH BENEFITS SUCH AS BETTER DIGESTION, DIABETES MANAGEMENT, AND EVEN CANCER PREVENTION. THEY ARE HIGH IN NUTRIENTS, FIBRE AND ANTIOXIDANTS.

MAPLE SYRUP - CONTAINS NUMEROUS ANTIOXIDANTS, FIGHTS INFLAMMATORY DISEASES, MAY HELP PROTECT AGAINST CANCER, HELPS PROTECT SKIN HEALTH, GREAT ALTERNATIVE TO SUGAR FOR IMPROVED DIGESTION, SUPPLIES IMPORTANT VITAMINS AND MINERALS.

VANILLA - ANTIOXIDANTS ARE THE MOST SIGNIFICANT BENEFIT OF VANILLA BECAUSE THEY HELP REPAIR YOUR BODY AT THE MOLECULAR LEVEL. THEY'VE ALSO BEEN LINKED TO LESSER RISKS OF VARIOUS DISEASES, SUCH AS CANCER AND DIABETES. PLUS THEY HELP REDUCE THE EFFECTS OF AGING AND PROMOTE MORE VIBRANT SKIN.

EGGS - EGGS ARE NUTRIENT RICH, HIGH IN QUALITY PROTEIN, RAISE LEVELS OF "GOOD" CHOLESTEROL, A GOOD SOURCE OF OMEGA-3S, ARE FILLING AND HELP WITH WEIGHT LOSS, EGGS ARE AMONG THE BEST DIETARY SOURCES OF CHOLINE.

PECANS - PUNCH OF PROTEIN, HEALTHY FATS, AND FIBER THAT CAN HELP KEEP YOU ENERGIZED AND SATISFIED. PECANS ARE A GOOD SOURCE OF CALCIUM, MAGNESIUM, AND POTASSIUM, WHICH HELP LOWER BLOOD PRESSURE. MOST OF THE FAT FOUND IN PECANS IS A HEALTHY TYPE CALLED MONOUNSATURATED FAT.