

Sticky Banana Date Pudding

with Rum Caramel

Prep Time: 15 minutes
Cook Time: 28 minutes
Servings: 12



The Ingredients

- 2 medium bananas, mashed with a fork
- 4 tablespoons of melted coconut oil
- 1 tablespoon blackstrap molasses
- 1 tablespoon vanilla extract
- 1 cup plus 2 teaspoons of unsweetened non-dairy milk
- 1/2 cup coconut sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 cups spelt flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 10 medjool dates
- 1/2 cup chopped walnuts

Directions

- Preheat the oven to 350 degrees. Grease eight individual pudding basins. Line the bottom of each with a circle of parchment paper.
- In a large bowl, add all of the dry ingredients - sugar, cinnamon, salt, flour, baking powder and baking soda. In another bowl, add the wet ingredients - mashed bananas, liquid coconut oil, molasses, vanilla and non-dairy milk.
- Pour the wet mix into the dry and combine until you can't see dry flour. Add walnuts and dates then stir again.
- Spoon the mixture into the prepared tins. Place on a baking sheet and bake for 25-30 minutes. Top of the pudding will bounce back when you poke it when done.
- For the rum sauce, add the coconut sugar and the rum to a small pan. Heat over medium heat, swirling the pan occasionally until sugar is melted and both are combined. Then stir in cashew butter, salt and 4 tablespoons of water.
- Heat over low heat and stir until well combined. Don't let it boil, as it will burn easily.
- Serve the puddings straight from the oven with a drizzle of sauce and sprinkle of nuts.