

Prune sticky toffee pudding



Autumn is around the corner and what better way to treat yourself by having a classic warming pudding.

Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS



Ingredients

Serves 6-8

- 65g unsalted butter (plus extra for greasing)
- 160g Demerara sugar
- 1 tbsp golden syrup
- 2 eggs
- 180g self-raising flour
- 170g prunes
- 130ml boiling water
- ½ tsp vanilla extract
- 30g chopped hazelnuts
- 1 tsp mixed spice
- 1tsp baking powder

For the Sauce

- 110g unsalted butter
- 110g dark muscovado sugar
- 130ml double cream

Method

Preheat oven to 350f, 180°C, and 160 fan

Cream together the butter and sugar.

Beat in the syrup, eggs, mixed spice and vanilla.

Add the flour and baking powder and combine.

Finely chop the prunes in a blender and add to the cake mix.

Add the water and combine along with the hazelnuts.

Pour into a square cake tin/brownie tin and bake in the oven for 35-45 minutes – or until a skewer comes out clean.

Serve hot from the oven with the toffee sauce and ice cream.

For the Sauce

Put all the ingredients in a saucepan and simmer until thick and glossy. (Should take about 10-15 minutes).

