

Christmas Pudding

The pudding has dried fruit – but not too much, so that it is suitable for those with fructose malabsorption. It is very light and a good choice for Christmas day pudding.

This is a pudding that you can make just before Christmas and is made from ingredients that are gluten and wheat free plus Low FODMAP to ensure you have a symptom free Christmas.



Ingredients

Serves 4-6

- 120g wheat/gluten-free self-raising flour*
- 1 tsp cinnamon
- 1 tsp powdered ginger
- 1 cap full of vanilla essence
- 2 eggs
- grated rind of 1/2 lemon and 1/2 an orange
- 90g soft brown sugar.
- 2 tbsp of dried blueberries
- 2 tbsp of sultanas
- 1 tbsp cocoa powder
- 1 tsp mixed spice
- ¼ freshly grated nutmeg
- 100g dairy free margarine
- 1 tbsp of treacle
- Juice of ½ an orange and ½ lemon

***this recipe does not work well with flour based on chickpea and chickpea flour is a source of FODMAPs.**

Method

Weigh out and sieve the dry ingredients into a small bowl.

Generously grease a pint pudding basin

Weigh out margarine, treacle, soft brown sugar, lemon + orange rind, Lemon + orange juice, vanilla essence into a mixing bowl and using a hand mixer, mix well until the mixture is pale.

Add 1/3 of the egg and a tablespoon of the dry mix and mix well, if it looks like it is curdling add a little more flour. It will likely look like it is curdling so do not be put off, just add some more flour.

This recipe needs 2 eggs to stop it from crumbling, repeat till all the egg is used up.

Fold in the dry ingredients to the batter.

Then add the fruit and again mix into the batter.

Add the batter to the pudding basin and cover the top with a greaseproof paper lid tied with string, add a fold in the paper to allow room for the pudding to rise.

Cover the whole dish with foil and steam for 1.5 hours.

Serve!