

Sticky Toffee Pudding

It is a very more-ish dessert delicious when accompanied with custard, ice cream or cream. It freezes very well and cooks from frozen so can be made in advance.

Ingredients

100g dark muscovado sugar
175g self raising flour
125ml milk
1 egg
1 tsp vanilla essence
50g butter
200g dates(optional)

For the sauce:

200g dark muscovado sugar
25g butter
500ml boiled water

Preparation time: 10 minutes

Cooking time: 30-40 minutes

4 servings.

Nutritional Information

Amount per serving

<i>Calories</i>	679.5
<i>Total Fat</i>	12.1 g
<i>Saturated Fat</i>	2.9 g
<i>Polyunsaturated Fat</i>	4.6 g
<i>Monounsaturated Fat</i>	3.0 g
<i>Cholesterol</i>	47.1 mg
<i>Sodium</i>	144.4 mg
<i>Potassium</i>	394.0 mg
<i>Total Carbohydrate</i>	141.4 g
<i>Dietary Fibre</i>	4.0 g
<i>Sugars</i>	33.3 g
<i>Protein</i>	8.9 g

Method:

Preheat oven to gas 5/ 190°C

Mix the ingredients (not the sauce ingredients) together in a bowl.

Transfer to loaf tin. Does not need lined. Sprinkle the top with the sugar. Dot the butter over the top. Pour on the boiling water. Carefully transfer to the oven . Bake for 30 to 40 minutes till a skewer comes out clean. This is a self saucing recipe and the ingredients on the top transfer to the base on baking. When served the sauce is sticky, sweet and very tasty and keeps the pudding moist.



Note – the above picture is from the internet – it is an idea for serving a sticky toffee pudding with ice cream that I found and I thought it was a bit more interesting than just a pic of a cake