

# Pudding on a show

These delicious raw treats from The Healthy Chef Teresa Cutter take just five minutes to make – no cooking required!



Teresa (pictured) is an award-winning chef, nutritionist and author. Find this delicious recipe and many more in *Purely Delicious* by Teresa Cutter, The Healthy Chef (\$59.95, thehealthychef.com).

## GLUTEN-FREE RAW CHRISTMAS PUDDING

**SERVES 6 HANDS-ON TIME 5 MINUTES**

*225g fresh pitted dates, approx 10 to 15 dates depending on their size*  
*zest from 1 orange, plus 1-2 tablespoons of juice*  
*250g organic dried apricots, chopped*  
*1½ cups almond meal*  
*1 teaspoon vanilla bean paste or extract*  
*1 teaspoon ground cinnamon*  
*¼ teaspoon ground nutmeg*  
*¼ teaspoon ground ginger*  
*80g white chocolate, melted for decoration*

**1.** Combine dates, orange zest, apricots, ground almonds, vanilla, cinnamon, nutmeg and ginger in a food processor. Process until mixture is combined and looks like fine crumbs.

**2.** Spoon mixture into a large bowl and add 1–2 tablespoons of orange juice and then mix again. Your pudding mix should come together in the hands when lightly squeezed.

**3.** Divide puddings into 6 small puddings. The best way to do this is to line the base of your desired mould with plastic wrap and press the pudding mixture into it firmly. Invert the pudding and remove the plastic wrap. Repeat until all the puddings are formed.

**4.** Melt white chocolate in a small bowl that is set over a simmering pot of water. Spoon a little white chocolate over the tops of the puddings and garnish. You can use goji berries, fresh cherries or anything you fancy. Arrange onto a serving plate and set aside until needed. These puddings can be stored in the fridge for up to two weeks.

**NUTRITION** (per serve) 1783kJ/425cal. Sat Fat 3.7g. Carbs 51.8g. Sugars 50.5g. Fibre 9.8g



*Top it off!*  
 \* Garnish with fresh red cherries or raspberries.  
 \* Top with thick yoghurt in place of custard.  
 \* Serve with sour cherry compote or smashed raspberries.

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