



## SALTBUSH ECO STORE

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# Gluten free Sticky date

This version is not only gluten free, but also a lighter version of the traditional sticky date toffee pudding. Served simply with ice cream or even vanilla yoghurt this is a sure fire winner.

### INGREDIENTS

300gm dried dates  
650ml water  
1.5tsp bicarb soda

120gm butter  
180gm sugar (can use any sugar of choice, we often use soft brown or panela)  
3ea eggs  
180gm almond meal  
45gm rice flour  
45gm gf flour  
1 tsp cinnamon or mixed spice

\*optional\* 100gm of nuts, walnuts are good



### METHOD

Put dates and water into a saucepan and bring to the boil. Simmer gently for 5 minutes to re-hydrate the dates. Turn off the heat and stir through the bicarb soda. Mixture will froth. Allow to cool to room temperature.



While date mixture is cooling, cream butter and sugar until smooth, then add one egg at a time until incorporated.

Wisk flours (& nuts if using) together and then alternately fold through the flours and date mixture.

Pour into a lined tray or cake tin and bake for 35-40 minutes on 160deg.

Leave to cool slightly in pan before attempting to release as this cake will be soft! Ideally make ahead and portion cold as it is easy to reheat either in a low oven (120deg) or in the microwave if required.

OF COURSE you can serve traditionally with butterscotch sauce by combining equal amounts of brown sugar, butter and cream. Melt the butter and sugar in a small pan, stirring until sugar has dissolved and begins to bubble then whisk in the pouring cream.



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Shop 52 Ellenbrook Central  
11 Main Street Ellenbrook

