



Maple and Berry Pudding

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

SERVINGS: This recipe gives you a baked pudding in an 8-inch square pan or 11 maple muffins.

PREPARATION: **20 MINUTES**

COOKING: **45 MINUTES**



ORGANIC INGREDIENTS

- 260 g (2 cups) cherries, fresh or frozen, pitted
- 130g (1 cup) fresh or frozen strawberries
- 130g (1 cup) raspberries, fresh or frozen
- 30 g (1/4 cup) maple sugar
- 1 pack [Cuisine L'Angélique's Angel Food Cake Mix](#)
- 5 large eggs, separated
- 80 g (1/4 cup) maple syrup
- 65 g (1/4 cup) plant-based milk substitute
- 65 g (1/3 cup) light olive oil
- 7.5 ml (1 1/2 tsps) vanilla extract
- 3.5 ml (3/4 tsp) cream of tartar

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Place cherries, strawberries and raspberries in an 8"x 8" (20 cm x 20 cm) oiled pan. Sprinkle maple sugar on top. Set aside.
3. Put the cake mixture in a large bowl. Add egg yolks, maple syrup, plant-based milk substitute, olive oil and vanilla. Beat with an electric mixer at maximum speed or in a stand mixer with a flat paddle at medium speed for about 5 minutes.
4. In another bowl, beat the egg whites. Start gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
5. Gently fold the egg whites into the flour mixture with a spatula. Don't stir... that's the secret to a successful chiffon cake!
6. Spread half the batter over the fruit. Sprinkle half of the maple flakes on top.
7. Divide the other half of the batter into muffin pans lined with paper moulds. Sprinkle remaining maple flakes on top of each muffin.
8. **Cooking pudding:** Bake on the centre rack for about 45 minutes or until a toothpick inserted in the middle comes out clean.
9. **Cooking muffins:** Bake on the centre rack for about 20 minutes or until a toothpick inserted in the middle comes out clean. Unmould directly out of the oven and allow to cool on a wire rack.