

Le Bon Baker

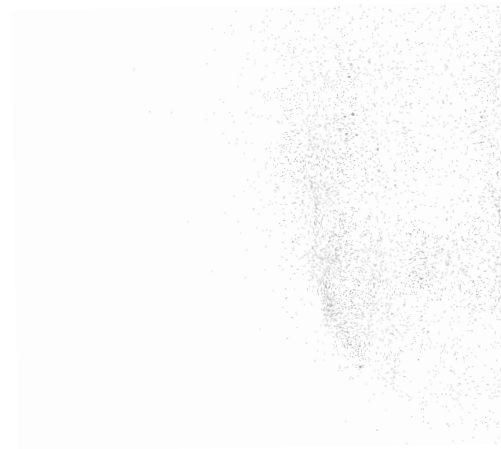
STICKY DATE MUG PUDDING

Ingredients for ONE

31g water
25g dates, pitted and chopped
15 butter
37g self raising flour
35g brown sugar
1/2 whisked egg
1 tsp maple syrup (or vanilla extract)
1/4 tsp bicarb soda
1/4 tsp ground cinnamon
1/4 tsp ground ginger
Caramel sauce and dollop cream to serve

Ingredients for TWO

62g water
50g dates, pitted and chopped
30g butter
75g self raising flour
70g brown sugar
1 whisked egg
2 tsp maple syrup (or vanilla extract)
1/2 tsp bicarb soda
1/2 tsp ground cinnamon
1/2 tsp ground ginger
Caramel sauce and dollop cream to serve



Ingredients for FOUR

124g water
100g dates, pitted and chopped
60g butter
150g self raising flour
140g brown sugar
2 whisked egg
4 tsp maple syrup (or vanilla extract)
1 tsp bicarb soda
1 tsp ground cinnamon
1 tsp ground ginger
Caramel sauce and dollop cream to serve

Method

Grab your favourite, biggest microwavable mug/s and lightly grease with butter. Combine the dates, water and butter in a microwave safe jug (if you are doing an individual serve, you can use your mug) and microwave on high for 1 minute or until the butter is just melted.

Add the bicarb soda, ground cinnamon and ginger and stir well to combine.

Let the dates soften and cool for approximately 2 minutes.

Add the flour, sugar, egg, maple syrup and stir until combined.

If you are serving double or quad portions, divide the mixture evenly among the prepared mugs.

Microwave on high for 2 minutes or until the cake/s spring back when lightly pressed.

To serve, generously drizzle with caramel sauce, and top with dollop cream. ENJOY!

