

Healthy sticky date pudding recipe

Search:

- [Desserts](#)
- [Recipes](#)

Healthy sticky date pudding recipe

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Healthy sticky date pudding recipe



Rate this recipe

3 people are cooking this [Count me in](#)

With Christmas around the corner, it's time to get those recipe ideas rolling! We're so excited to share this healthy sticky date delight by Jessica Sepel perfect those looking for a healthier version this Christmas.

Ingredients (serves 2)

- 1/2 cup almond meal
- 3 medjool dates, pitted and roughly chopped
- 3-4 tbsp warm filtered water
- 1 egg, lightly whisked
- 1 tbsp maple syrup (optional)
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- 1/2 tsp sea salt
- Coconut oil, to grease
- Chopped pecans, to decorate

Date Drizzle:

Healthy sticky date pudding recipe

- 5 dates, pitted and roughly chopped
- 1 tbsp nut butter (we love almond, cashew or tahini)
- pinch of sea salt
- 1/4 cup filtered warm water

Method

Preheat oven to 160°

Place chopped dates in 3-4 tbsp filtered water for 5-10 minutes, or until soft.

Meanwhile, combine almond meal, whisked eggs, cinnamon, baking powder, sea salt and maple syrup, if using, in a bowl and use a fork or whisk to combine until there are no clumps and the mixture is light and bubbly, about 5 minutes.

Drain and reserve the water from the chopped dates and add in to mixture, whisking again until smooth. Stir through the chopped dates.

Use the coconut oil to lightly grease two, small ovenproof bowls. Spoon mixture equally into each bowl.

Place in oven and bake for 15 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile, add Date Drizzle ingredients to a bowl or small food processor. Using the food processor or a stick blender, blend the ingredients until smooth, adding extra water if necessary to thin.

Top baked puddings with Date Drizzle, sprinkle with pecans and serve with coconut ice-cream or berries, if desired.

Looking for more delicious recipes? Head over to [Jessica Sepel's website](#) or get your hands on a copy of her book [Living the Healthy Life](#) today.

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```