Caramelised Banana, Date and Olive Oil Pudding

Author: recipebyrosie

Gooey, indulgent, comforting, this pudding has a moist date and olive oil sponge covered in sliced bananas. Dusted with cinnamon and a drizzle of honey to create that caramelised top, it's covered in a sticky olive oil caramel sauce and a sprinkle of salt.

Ingredients

Sponge

- 300g self rising flour
- 1/2 tsp bicarbonate soda
- ½ tsp salt
- 250g dark brown sugar
- 120g dairy free yoghurt, room temperature
- 110g olive oil
- 210g medjool dates
- 500ml dairy free milk
- 2 bananas, ripe and sliced into coins
- 1 tbsp cinnamon
- 2 tbsp honey / maple syrup

Sauce

- 80g olive oil
- 110g maple syrup, cold
- pinch of salt

Instructions

1. Preheat the oven to 175 C Fan.
2. Line and lightly grease a square baking tin (9 inch)
3. Add chopped dates to a saucepan and then pour over the milk. Heat on medium heat, stirring all the time, for around 12 minutes until the dates are soft. Remove from heat and transfer to a blender and blend until smooth.
4. Pour this into a large mixing bowl, leave to cool slightly and then add in the remaining wet ingredients.
5. Using a sieve, sift in the dry ingredients.
6. Gently mix until JUST combined. The mixture should be thick but add a little more milk if it's not pourable.
7. Pour the batter into the tin and cover with banana coins. Dust with cinnamon and a drizzle of honey. Bake for 35-40 minutes (all ovens are different but the sponge should be well-risen and spring back when touched)
8. Whilst the sponge is baking, make the sauce.
9. In a jug, combine olive oil with maple syrup and salt. Whisk well until the mixture emulsifies and reaches a thick texture. Set aside.

10. Once the pudding is baked, pour the sauce over the pudding whilst still warm and leave this to soak in for at least 20 minutes before serving.

11. Serve with ice cream, any remaining sauce plus a pinch of salt.

Notes

You can also use dairy ingredients in this recipe.

Use dairy / dairy free ingredients with at least 2% fat content for best results.