

Self Saucing Molten Sticky Toffee Pudding



Yield: 2 **Author:** recipebyrosie

Soft, squidgey sponge with a deep caramel flavour from a combination of sugars and medjool dates. Filled with a sticky toasty toffee that melts whilst baking for that oozing gooey centre, they are perfectly portioned for the perfect fall dessert.

Ingredients

sponge

- 250g self rising flour
- 1/2 tsp baking powder
- 1/4 tsp bicarbonate soda
- 50g light brown sugar
- 100g caster sugar
- 200ml dairy free milk, room temp
- 80g mejool dates, pitted and sliced
- 80g dairy free yoghurt, room temp
- 50g light olive oil or vegetable oil

Toffee

- 150g dark brown sugar
- 150g dairy free butter
- 120ml dairy free double cream

Instructions

1. Preheat the oven to 170 C Fan.
2. Grease two ramekins (approx 10D x 10W x 5H cm)
3. Start by making the toffee. Add sugar and butter to a saucepan and melt together on medium to high heat, stirring all the while until bubbling. Reduce the heat pour in the cream, mix together. Remove from the heat and allow to cool and thicken.
4. Transfer to a jug and pop into the freezer whilst you make the sponge.
5. Add the medjool dates and milk to a saucepan over medium heat. Leave to simmer for around 12 minutes until the dates are extremely soft and starting to come apart. Transfer to a blender and blend into a smooth paste. Leave to cool to room temperature.
6. Add the date paste to a large bowl followed by the remaining wet ingredients.
7. Gently mix in the dry ingredients and mix until just combined.
8. Remove the toffee from the freezer - it should be almost set.
9. Scoop the mixture into the ramekins until half full with the mixture and then top with the a tbs of set toffee (leave the rest of the toffee for serving)

10. Cover with the batter until the ramekin is 3/4 full.

11. Place the ramekins on a baking tray and then put in the oven to bake for 14-18 minutes. The cakes should be well risen but will still look a little jiggly/undercooked. They should look fully cooked around the edges.

12. Allow to cool for about 5 minutes then use a butter knife to gently loosen the cake from the sides of the ramekins. Carefully flip them over to a plate and serve warm a scoop of your favourite ice cream and the left over toffee.

