

Easy to Make Sticky Toffee Pudding

A flavourful dessert with homemade caramel

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INGREDIENTS

(makes 4 portions)

- 150g dates
- 200ml boiling water
- ½ tsp baking soda

- 90g flour
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 40g butter
- 50g sugar
- 1 egg
- 100g natural yoghurt (10% fat)
- 2 tbsp caramel (recipe on website)
- 1 tsp vanilla paste or vanilla extract

- caramel sauce & more yogurt for serving



DIRECTIONS

1. Mix the dates with half a teaspoon of baking soda in a medium bowl. Pour the hot boiling water over the dates, cover and leave aside for 30 minutes.
2. Strain the water from the dates and puree the dates with an immersion blender.
3. Combine flour, baking powder, baking soda and cinnamon.
4. Mix the soft butter and the sugar in a medium bowl with a hand mixer for about 2-3 minutes. Add the egg and mix for another minute.
5. Sift in 1/3 of the dry ingredients and mix shortly, then add half of the yogurt and mix again shortly. Repeat until you have used all of the dry ingredients and the yogurt.
6. Add caramel and mix shortly. Then add the vanilla and the date puree and mix just until combined.
7. Butter four medium (about 200ml) oven proof mugs and divide the batter evenly among the mugs.
8. Bake in 180°C bottom top heat at the middle shelf of the oven for 30-35 minutes or until a toothpick comes out clean.

9. Remove from the oven and allow to cool shortly.
10. Serve warm with some yogurt and caramel sauce on top.

TIP. You can make the sticky toffee pudding cakes beforehand, cool them completely, wrap in cling film and store in the fridge for up to 3 days. Before serving, warm up shortly in a microwave (600W 30-60 sec).