

Vegan Caramel, Date & Fresh Ginger Self-Saucing Pudding

**Gather
& Feast**

By Ashley Alexander

This comforting and delicious dessert is vegan and only requires just a handful of key ingredients, hopefully, most of which you likely already have in your pantry.

SERVES 6-8 | **PREP TIME** 20 minutes | **COOK TIME** 40 minutes | **TOTAL TIME** 1 hour

INGREDIENTS

Pudding

- 125ml (1/2 cup) extra virgin olive oil
- 175ml (3/4 cup) plant-based milk of your choice
- 100g (1/2 cup) coconut sugar
- 1 tablespoon vanilla extract
- 1-inch piece of fresh ginger, finely grated (roughly 1 tablespoon)
- 10 medjool dates, pitted & finely chopped (should be roughly 210g-220g once pitted and chopped)
- Generous pinch of sea salt
- 185g (1 1/2 cups) plain/all-purpose flour
- 1 teaspoon baking powder
- 125g (1/2 cup) plant-based unsweetened yoghurt, I like to use coconut yoghurt

Caramel sauce

- 100g (1/2 cup) coconut sugar
- 60ml (1/4 cup) pure maple syrup
- 125ml (1/2 cup) plant-based milk of your choice
- 1/2 inch piece of fresh ginger, finely grated (roughly 1 teaspoon)
- 1/2 teaspoon sea salt
- 3 tablespoons cognac, whisky or brandy (optional)
- 375ml (1 1/2 cups) boiling water

For serving

- 1 teaspoon ground cinnamon
- Vanilla or caramel vegan ice cream to serve

METHOD

1. Preheat your oven to 180°C/350°F.
2. In a large mixing bowl, whisk together olive oil, plant-based milk, sugar, vanilla extract, grated ginger, dates, and a pinch of sea salt.
3. Add the flour and baking powder to the bowl, then add the yoghurt and fold in until well combined.
4. Pour the pudding batter into a deep baking dish (roughly 6-8 cup capacity), spreading it evenly.
5. In the same mixing bowl (to minimise washing up), combine coconut sugar, maple syrup, plant-based milk, grated ginger, sea salt, cognac (if using) and boiling water. Stir until the sugar has dissolved.

- Carefully pour the hot caramel sauce mixture over the pudding batter. Use the back of a spoon to distribute it evenly.
- Bake the pudding at 180°C/350°F for 40 minutes.
- Remove the pudding from the oven, and while it's hot, dust with the ground cinnamon, then let it rest for 10 minutes before serving.
- Serve warm with your favourite vegan ice cream.

NOTES

Use plant-based milk and yoghurt for a vegan-friendly option, but feel free to use dairy equivalents if you're not strictly vegan.

Spelt flour, wholemeal flour, or all-purpose flour can be used interchangeably based on your preference or dietary restrictions. For a gluten-free option, opt for a gluten-free baking blend.

Coconut sugar is best for this recipe as it adds a dark colour and depth flavour, but if you can't get hold of it, dark brown sugar can work in its place.

Use a deep baking dish with a capacity of roughly 6-8 cups to accommodate the pudding mixture and sauce comfortably.

Serve with your favourite vegan ice cream, though if not strictly vegan or dairy-free, feel free to use your favourite dairy-based vanilla ice cream or thick cream if you prefer.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/vegan-caramel-date-fresh-ginger-self-saucing-pudding>

Let me know if you make the recipe! x **@gatherandfeast**