

# 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.
6. Carefully pour the hot caramel sauce mixture over the pudding batter. Use the back of a spoon to distribute it evenly.
7. Bake the pudding at 180°C/350°F for 40 minutes.
8. 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.
9. 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**