

# date puddings

Plump, soft and succulent, medjool dates make the perfect fresh addition to your summer entertaining menu.

## STICKY DATE STACKS

Prep 30 mins | Cook 30 mins | Serves 6

450g Golden Palm Medjool Dates,  
pitted and chopped  
½ tsp bicarbonate of soda  
125g butter, softened  
½ cup brown sugar  
2 eggs  
¾ cup self-raising flour  
½ cup plain flour  
¾ cup thickened cream  
2 tbs maple syrup  
1 tsp vanilla extract  
vanilla ice-cream, to serve

- 1 Preheat oven to 180°C. Grease 6 large (¾ cup) non-stick muffin pans.
- 2 Place 300g of the dates into a bowl. Pour over ¾ cup boiling water, add bicarbonate of soda and stir well to combine. Set aside for 10 minutes to soften.
- 3 Beat 80g of the butter and sugar in a bowl until pale and creamy. Add eggs, one at a time, beating well after each. Sift flours together. Add to butter mixture along with date mixture and mix together thoroughly.
- 4 Spoon mixture evenly between the muffin holes. Bake for 25-30 minutes or until cooked through. Cool in the pans for 5 minutes before turning out.
- 5 Meanwhile, place remaining dates into a bowl. Pour over ½ cup boiling water. Stand for 5 minutes or until softened. Puree in a small food processor until smooth. Transfer to a small pan with maple syrup, vanilla and remaining butter. Stir over medium heat for 5 minutes or until smooth. Whisk in cream and simmer for a further 5 minutes, then remove from heat.
- 6 Halve puddings through the centre. Place bases on serving plates. Top with ice-cream and drizzle with sauce. Add pudding tops and drizzle with more sauce to serve.



### Stacks of goodness

Naturally sweet, a good source of fibre and low in sodium, **Golden Palm Medjool Dates** are a great tasting, naturally healthy snack.