



CHOCOLATE FUDGE PUDDING

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 20-30 mins

Serves: 8-10

INGREDIENTS

- 2 cups ground almonds
- 1½ cups dextrose powder
- 1 cup cacao powder
- 2 tbsp baking powder
- 1 tsp pink rock salt
- 1 cup coconut oil, melted



- ½ cup almond milk
- 1 tbsp vanilla extract

TOPPING

- ½ cup cacao powder
- 1½ cups dextrose powder
- 2 cups boiling water

METHOD

- Preset oven to 180°C (350°F).
- In a bowl, combine almond meal, dextrose, cacao, baking powder and salt.
- Add the coconut oil, almond milk and vanilla and mix well.
- Pour into oven proof dish (I use a 20cm square dish), and level top.
- Mix topping ingredients together and sprinkle dry over the mixture. DO NOT STIR.
- Pour boiling water over the top DO NOT STIR. (pour water onto a spoon to prevent digging into mixture)
- Bake in oven for 20-30 minutes, until the sides are cooked and the middle slightly soft still.
- Cool and spoon into dishes. Serve with coconut yoghurt and strawberries.