

Apple Carrot Pudding Cake

Ingredients: makes 1 pan 10" square

- ¼ cup flour
- ½ cup oatmeal
- 2 tsp baking powder
- ⅓ cup coconut oil
- 1 tsp cinnamon & ginger powder
- ½ tsp of each: nutmeg & cloves
- ¼ cup sunflower seeds
- ⅓ cup raisins
- 1 cup coconut milk
- ¼ cup maple syrup
- 1 cup shredded carrots
- 1 large apple diced into small pieces
- 1 to 2 tbsp olive oil

Preheat oven to 375F

Step 1: put the dry ingredients into a large mixing bowl: Flour, oatmeal & baking powder

Step 2: Add the coconut oil to the dry ingredients mix using a pastry cutter or two forks until well mixed

Step 3: Add the spices and raisins and sunflower seeds

Step 4: mix in the coconut milk and maple syrup until it is just mixed (do not overdo the mixing)

Step 5: Fold in the shredded carrots and apple pieces

Step 6: grease your baking dish with olive oil then spread the batter evenly

Step 7: bake for 20-30 minutes in a 375F oven

Cashew Coconut Sauce: make 1 cup

Put the following into your blender and blend until creamy:

- ½ cup date water (add more if needed)
- ¼ cup chopped cashews
- 2 tbsp coconut oil
- 2 tbsp coconut flower syrup or maple syrup
- 2 tbsp shredded coconut

Apple Berry Crisp

Here is another version of a fruit pudding

Method: serves 4

Step 1: Soak ½ cup dates in water for ½ hour

Drain (keeping the water for the Cashew Sauce)

Step 2: The batter (see instructions opposite)



cashew sauce (see recipe below)



berry crisp (above)

Put the drained dates into

your food processor and add:

- 2 Apples (diced)
- 1 cup fresh or frozen berries
- 2-4 tbsp water
- 1 tsp cinnamon & ½ tsp nutmeg

Step 3: Process until broken up but still lumpy

Step 4: Put into a bowl and add 1 cup oatmeal and mix well

Step 5: Put in the fridge overnight and serve cold or cook – see step 6

Step 6: Or bake for 20 minutes in a 325F oven to serve warm

Serve with the cashew sauce opposite.