



Mini Sticky Date Puds!

Serves	12
Prep (min)	25
Cook (min)	-

MINI STICKY DATE PUDS!

No bake. Just make and enjoy! **Remember** to let a grown-up check every packet label for allergens (and traces of allergens) before you start.

Free from

Dairy
Egg
Wheat
Gluten free
Nuts
Peanut
Soya
Sesame
Shellfish
Fish

Ingredients

1 grown-up

The Puds

150g pitted dates (see substitutions)
50g Big Oz Gluten Free Jumbo Oats (see substitutions)
2 tbsp golden linseed
2 tbsp cocoa powder
½ tsp ground cinnamon
1 tsp vanilla extract

The topping

50g egg free icing sugar
1 ½ tsp water
2-3 drops of green natural food colouring
1 tsp egg free icing sugar (extra)
Dr Oetker Soft Silver Pearls

Substitutions

150g dried figs if allergic to stone fruits

65g shredded coconut if you're not able to tolerate oats.

Method

1. Take one grown-up and put them in charge! Ask them to put the kettle on, nope not for a cuppa, but to submerge your dates in a bowl of boiling water. **Be careful** around boiling water, let the grown-up handle this. Leave them to soak for at least 5 mins while you make the topping.
2. In a small bowl mix together 50g icing sugar and water to make thick icing, and set aside until needed.
3. Next place the oats and linseed in a food processor and whizz for 1 minute, until it looks a bit like crumbs. Add the cocoa powder, cinnamon and vanilla extract. Ask the grown-up to drain your soaked dates and add the dates to your mix too... and whizz again until it forms one big choc-ball!!
4. Now grab a bite size piece of mixture (about a heaped teaspoon) and roll it between your hands to make a mini ball. Continue until all your mixture has gone. (Makes around 12 mini balls.)
5. **Time to decorate!** Spoon a little of your prepared icing on top of each pud and let it slowly dribble down the sides (there should be some mixture left over to make the holly leaves). Then pop three Soft Silver Pearls on top of each pud for the 'berries'.
6. Stir in a few drops of green food colouring to the leftover icing to make the holly leaves, plus an extra teaspoon of icing sugar to thicken it up even more. Then pinch off tiny pieces and place two 'holly leaves' on each pud. Finally dust with icing sugar and your Mini Sticky Date Puds are done. Yum!

Tip: You can premake your puds and store in the freezer for up to a month, defrost to room temperature and ice on the day of eating. You can also store your puds in an airtight container for up to a week.

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun