

## Toffee Sticky Pudding Cake

1	cup	gluten-free flour, Bob's Red Mill	¼	cup	apple sauce
1	Tbsp	arrowroot	½	cup	honey, sugar free/xylitol, Nature's Hollow
1	tsp	baking powder	1	each	egg
¾	cup	dried dates, pitted, and reconstituted	1	tsp	vanilla extract
1¼	cups	boiling water			
1	tsp	baking soda			



### Procedure

- 1 Preheat oven to 350° F.
- 2 Coat a 9" diameter deep glass baking dish.
- 3 Mix together the flour, arrowroot, and baking powder.
- 4 Chop dates, add to a small bowl with boiling water and baking soda, set aside.
- 5 In a large mixing bowl beat the egg until fluffy. Add oil and beat in. Add apple sauce, honey and vanilla. Gradually beat into flour mixture.
- 6 Add the date mixture to the batter and fold until blended with a spatula.
- 7 Pour into the prepared baking dish.
- 8 Bake until pudding is set and firm on top, 45-50 minutes.
- 9 Cool. Cut into 12 squares to serve.

Servings: 12

### Nutrition Facts

Serving size: 1/12 of a recipe (1.3 ounces).

Amount Per Serving	
<b>Calories</b>	11.68
<b>Calories From Fat (31%)</b>	3.62
	% Daily Value
<b>Total Fat 0.4g</b>	<1%
Saturated Fat 0.13g	<1%
<b>Cholesterol 15.5mg</b>	5%
<b>Sodium 152.32mg</b>	6%
<b>Potassium 10.43mg</b>	<1%
<b>Total Carbohydrates 1.34g</b>	<1%
Fiber 0.08g	<1%
Sugar 0.54g	
<b>Protein 0.53g</b>	1%

### Recipe Type

Dessert

FredFit

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