

Medjool date & banana self-saucing puddings



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Preparation: about 20 minutes
Cooking: about 30 minutes
Serves: 4

1 cup self-raising flour
1/3 cup firmly-packed brown sugar
200g fresh Medjool dates, seeded and roughly chopped
1 tsp ground cinnamon
1/2 cup milk
1 very ripe banana, mashed
1 egg
100g butter, melted, cooled (+ extra for greasing)

Topping

1/2 cup brown sugar
1/4 cup golden syrup
1 1/4 cups boiling water
Sifted icing sugar, for dusting

1. Preheat oven to 180°C. Grease 4 x 1 cup teacups or ovenproof dishes with butter and place on a baking tray lined with baking paper.
2. Sift flour into a large bowl. Stir in brown sugar, dates and cinnamon. Whisk milk, mashed banana, egg and melted butter together in a jug. Pour into flour mixture and using a large metal spoon, fold until combined. Spoon mixture into prepared cups or dishes.
3. For topping, sprinkle 1/2 cup brown sugar evenly over puddings. Combine golden syrup and boiling water in a heatproof jug. Pour mixture evenly over the back of a spoon onto puddings. Bake for 30 minutes or until a skewer inserted in the centre of the puddings comes out clean. Set aside for 5 minutes. Dust with icing sugar and serve.



Dates

- A good source of dietary fibre which is important to keep the intestine functioning well.
- Fresh dates are a source of vitamin C, one of the vitamins that help the body protect itself against infection and also provide some folate, an important B complex vitamin.
- Provides potassium which helps balance the adverse effects of the sodium from excess salt in the diet.