



GF STICKY TOFFEE CAKE

YIELDS: ONE 12-INCH CAST IRON PAN,
OR ONE 6-8 CUP DISH)

Since our Sticky Toffee Spelt Cake recipe was a hit we decided to develop a gluten free version of this same recipe so those who are celiac can indulge as well! There are also tried and true plant based alternatives for this recipe listed in the ingredients below! This dreamy desert is best for warming up on those chilly Autumn/Winter evenings. The ooey-goey sweetness from the dates with a burst of warmth from the ginger are the perfect cozy-combo. Top with your favourite ice cream or dairy-free alternative.



Ingredients

FOR THE CAKE

- 1/2 cup olive oil
- 3/4 cup milk of choice (we used gluten free, unsweetened oat milk)
- 1/2 cup coconut sugar
- 10 medjool dates, pitted & finely chopped
- 1 tbsp vanilla extract
- 1-inch piece (approx.1 tbsp) of fresh ginger, finely grated
- pinch of sea salt
- 1-1/2 cups Anita's Organic Gluten Free All Purpose
- 1/2 tsp xanthan gum, optional
- 1 tsp baking powder
- 1/2 cup plain yoghurt

FOR THE TOPPING

- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 1/2 cup milk of choice (we used gluten free, unsweetened oat milk)
- 1-1/2 cup boiling water
- 3 tbsp cognac, brandy, whiskey (optional)
- 1/2-inch piece (approx.1 tsp) of fresh ginger, finely grated
- 1/2 tsp sea salt

Instructions

1. Preheat your oven to 350F
2. In a large mixing bowl whisk together the olive oil, milk, sugar, dates, vanilla, fresh ginger, and sea salt.
3. Add the flour, xanthan gum (optional), baking powder, and yogurt, folding to combine.

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4. Pour and spread the mixture evenly into you cast iron pan (or a dish that is roughly the capacity of 6-8 cups).
5. Use the same mixing bowl to combine the coconut sugar, maple, milk, ginger, cognac (optional), and boiling water and stir until the sugar has dissolved.
6. Carefully pour the hot liquid over the pudding batter. If you pour the liquid over the back of the spoon it will spread more evenly, rather than creating a hole in the centre of the pudding.
7. Bake for 40-45 minutes (depending on size of your dish, this timing might vary slightly).
8. Remove pudding cake from the oven and let rest for 10 minutes before serving.
9. Service warm with your favourite ice cream and dust with a little cinnamon, and garnish of mint, if you like. Most importantly, dig in!

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