

Banana and date puddings with caramel sauce

Serves 8-10

200g dates, finely chopped

1tsp baking soda

185ml boiling water

125g butter, softened

180g caster sugar

2 eggs

4 ripe bananas, mashed

2tbsp lemon juice

300g plain flour

1tsp baking powder

Caramel sauce

400g brown sugar

300ml double cream

100g butter

1tsp vanilla extract

To serve

Vanilla ice cream

1 Preheat the oven to 190°C/gas mark 5 and grease a 12-hole muffin tin.

2 Put the chopped dates in a bowl, sprinkle with the baking soda and then pour over the boiling water. Mix well, then leave to stand for 10 minutes.

3 In a separate bowl, cream the butter and sugar, then add the eggs one by one, beating

after each addition. Then stir in the mashed banana and lemon juice.

4 Sieve the flour and baking powder into the banana mixture, then pour the dates, along with the liquid, into the batter. Mix well and spoon into the greased muffin tray. The mixture should fill eight to 10 holes of the muffin tin.

5 Place in the hot oven and bake for 20-30 minutes, or until the puddings are cooked through.

6 Meanwhile, prepare the caramel sauce: heat the brown sugar, cream and butter slowly in a saucepan over a low heat until the sugar is melted. Add the vanilla extract and then bring to the boil. Turn the heat back down and simmer the sauce for about five minutes until smooth and glossy.

7 Remove the puddings when cooked and serve with the sauce drizzled over the top and a scoop of vanilla ice cream.

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|---------|-----|---------------|-----|--------|---------|
| Fat | 40g | Saturated fat | 25g | Energy | 824kcal |
| Protein | 7g | Sodium | .4g | Fibre | 3g |
| | | | | Carbs | 118g |

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