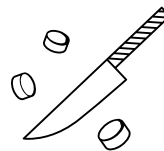


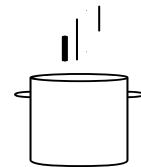


Ginger and Coconut Puddings

These delicious ginger and coconut puddings are dairy free and make great party food.



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Ingredients

100g The Groovy Food Company Rich & Dark Agave Nectar

1 tsp icing sugar mixed with a pinch of ground ginger

6 pieces stem ginger, plus 3 tbsp of the syrup

75g The Groovy Food Company Organic Virgin Coconut Oil, melted

200ml warm water

1 inch of fresh ginger, grated

½ tsp ground ginger

½ tsp allspice

175g self-raising flour

½ tsp baking powder

¾ tsp bicarbonate of soda

2 eggs

Directions

1. Preheat oven to 180°C and grease 8 darial moulds and then dust with a mixture of icing sugar and ground ginger.
2. Finely chop the stem ginger or whiz in a small food processor.
3. Melt the coconut oil with the stem ginger syrup in a pan until simmering, then add the warm water.
4. Sieve the flour into a large bowl, then add the sugar, fresh ginger, ground ginger, allspice, baking powder and bicarbonate of soda and mix thoroughly.
5. Stir in the eggs and coconut oil mixture and whisk with an electric hand whisk until smooth. Fold in the chopped stem ginger.
6. Divide between the moulds, making sure they are no more than 2/3 full then place on a baking sheet and cook for approximately 13-15 minutes.
7. The puddings will have risen, so level out the tops

with a knife and then turn out and serve with custard or cream.