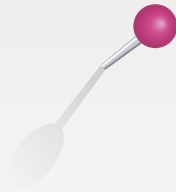


Adios™

A natural aid for slimming



GUILT-FREE STICKY TOFFEE PUDDING

Serves 9

352 calories per serving

Ingredients

200g stoned dates, chopped
175ml boiling water
1 tbsp set honey
75g flour
1 tsp vanilla extract
2 eggs
250g grated raw carrot
2 tsp baking powder
2 tbsp treacle
½ tsp salt
200g mixed chopped nuts



For the sauce

90g unsalted butter
2 tsp black treacle
1 tbsp set honey
6 tbsp ordinary loose black tea

Method:

- 1 Preheat the oven to 180°C.
- 2 Line a 24 cm square tin with baking parchment on the base and lightly oil the sides.
- 3 Put the dates in a bowl and pour over the boiling water. Wrap in cling film and set aside.
- 4 Put nuts into a food processor and blitz until powdered.
- 5 Add the grated carrot, flour, vanilla, honey, eggs, treacle and baking powder into the food processor and whiz up until well blended.
- 6 Empty the mixture into the prepared tin and pop in the middle of the oven for 1 hour. You may need to place a piece of foil over the cake 45 minutes into the cooking time to prevent it from getting too brown on the top.
- 7 While you're waiting you can make the sauce. Simply place all the ingredients into a small milk pan and bring to the boil.
- 8 Whisk the sauce thoroughly and boil for 3 minutes until syrupy and glossy. Then set aside.
- 9 Serve the sticky toffee pudding with the sauce – it is lovely when still slightly warm.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: