

Low FODMAP Chocolate Wattleseed Self-Saucing Pudding

Serves: 6

Prep: 25 minutes

Cook: 45 minutes



Ingredients	Metric	Imperial
2 tbsp wattleseeds*	21 g	0.7 oz
1 cup gluten-free flour	150 g	5.3 oz
3/4 cup caster sugar	157.5 g	5.5 oz
1/2 cup cocoa powder	45 g	1.6 oz
1/2 cup low FODMAP milk of your choice	130 g	4.6 oz
1 tsp vanilla essence	5 g	0.2 oz
1.5 tbsp butter, melted	30 g	1.1 oz
1/2 cup brown sugar	77.5 g	2.7 oz
1 3/4 cups boiling water	437 g	15.4 oz

Method

1. Preheat an oven to 180°C/356°F and prepare either an 8 cup capacity ovenproof dish or 6 x 150ml ramekins by lightly greasing with oil or butter. Soak wattleseeds in boiling water for 20 minutes, then drain.
2. In a medium-size bowl, combine the flour, caster sugar and 2 tbs of the cocoa powder. Add milk, vanilla, wattleseeds and melted butter - stir to combine. Pour the mixture into the prepared pan or evenly into each ramekin. Use a spoon or spatula to smooth over.
3. In a small bowl, mix together the remaining cocoa and brown sugar. Sift this over the prepared pan or ramekin with the mixture in it. Top the pudding with boiling water.
4. Bake for 30-35 minutes or until the top is firm. Stand for approximately 10 minutes before serving to cool slightly. Dust with cocoa powder and serve immediately.

Hints

- *For those that don't have access to wattleseeds, substitute with 1-2 tbs instant coffee for similar flavours
- Serve with lactose-free thickened cream or ice cream

Nutrition Information (per serve)	
Energy	1294 Kj / 309 cal
Protein	3.80g
Carbohydrates	60.30g
Sugar	40.10g
Total Fat	5.60g
Saturated Fat	2.70g
Fibre	4.30g