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# THE SEEDLING

vegan restaurant

## DATE PUDDING

### PREPARE THE FRUIT

*Bring the following ingredients to the boil and then simmer for approximately 10 minutes, or until most of the moisture is absorbed:*

125 g dates  
125 g dried cake fruit mix  
500 ml orange or apple juice

*Remove the mixture from the stove and add the following—mix well and cool:*

5 ml bicarbonate of soda  
5 ml vanilla essence

### PREPARE THE BATTER

*Sieve and mix the following dry ingredients:*

100 g white sugar  
50 g brown sugar  
180 g cake flour  
5 ml baking powder  
pinch salt  
5 ml cinnamon

*Add the following and mix well:*

1 Granny Smith apple, grated  
100 g melted butter  
Pot of cooled fruit mixture

*Grease 14 small ramekins (baking spray is ideal) and divide the mixture between them. Bake at 180°C (350°F) for 20 minutes.*

### CARAMEL SAUCE

*Heat together and boil slowly for 5 minutes:*

150 g white sugar  
150 g butter  
125 ml thin cream

### SERVING

*Tip out the desserts while still hot and serve with beaten cream or vanilla ice cream, drizzled with a good helping of Caramel Sauce, garnished with a sprinkling of cinnamon sugar and a mint leaf.*

*NOTE: These desserts also freeze well—simply remove from the freezer just before serving and microwave until hot.*