

Recipe

MODIFICATION

There is nothing better than a warm sticky date pudding on a cold night. This modification is higher in fibre and significantly lower in saturated fat. Keep in mind it is still a dessert so try not to eat this too often. The sodium has increased slightly from the original recipe to the modified version, due to wholemeal flour having a touch more sodium than white flour. The benefits of increased protein and fibre from using wholemeal self-raising flour outweigh the negative of a slightly increased sodium value. The sodium content in the modified version is still good as it is less than 400mg per 100g.

Sticky Date Pudding (Serves 8)

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✕ Original Ingredients	✎ Modifications	✓ Modified Ingredients
250g pitted dates, chopped	None	250g pitted dates, chopped
1 teaspoon bicarb soda	None	1 teaspoon bicarb soda
1 ½ cups boiling water	None	1 ½ cups boiling water
125g butter, softened	Swap butter for reduced salt margarine to reduce saturated fat and sodium content	125g margarine
1 cup brown sugar	Reduce sugar to ½ cup, it's sweet enough with the dates	½ cup brown sugar
1 teaspoon vanilla extract	None	1 teaspoon vanilla extract
2 eggs	None	2 eggs
1 ¾ cups white self-raising flour	Change to wholemeal flour to increase fibre and protein	1 ¾ cups wholemeal self-raising flour
Caramel sauce		
1 cup brown sugar	None	1 cup brown sugar
300mL thickened cream	Change to light thickened cream to reduce saturated fat content	300mL light thickened cream
½ teaspoon vanilla extract	None	½ teaspoon vanilla extract
60g butter	Swap butter for low fat, low salt margarine to reduce saturated fat and sodium content	60g margarine

Method

- Preheat oven to 180°C. Grease and line the base of a 7cm deep, 22cm (base) cake pan.
- Place dates and bicarbonate of soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.
- Using an electric mixer, beat margarine, brown sugar and vanilla until pale and creamy. Add eggs, one at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well combined.
- Spoon mixture into prepared cake pan. Bake for 35–40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.
- Sauce: Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.
- Pierce pudding all over with a skewer. Pour ½ cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining sauce.

Nutritional Comparison

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	2724	1231	2196	998
Protein (g)	6.4	2.9	7.2	3.3
Fat total (g)	34.1	15.4	21.3	9.6
– Saturated fat (g)	17.2	7.8	7.9	3.6
Carbohydrate (g)	80.9	36.6	76.8	34.7
Fibre (g)	4.2	1.9	7.5	3.4
Sodium (mg)	516	233	525	237

