

# pudding - Spotted Dick (vegan)

Cuisine: English

Food category: Desserts



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## Program steps

1 Steaming Termination by time 00:50 hh:mm 99 °C + 70 %

## Ingredients - number of portions - 6

Name	Value	Unit
wheat flour type 550	100	g
semi-coarse wheat flour	200	g
baking powder	8	g
coconut fat	150	g
brown sugar	75	g
raisins	120	g
lemon peel	3	g
orange	3	g
oat milk drink	200	g
oatmeal	30	g
bananas	60	g
lime juice	5	ml

## Directions

Mix all the ingredients well using a food processor, then pour into English pudding molds and first cover with baking paper, then with aluminum foil and steam in the combination steamer to 99°C in steam mode at 70% fan speed for 50 minutes.

It goes well with whipped cream, ice cream, caramel sauce or even vanilla sauce.

\*banana (mashed with lemon juice)

## Nutrition and allergens

Allergens: 1

Minerals: , Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	558.1 kJ
Carbohydrate	72.7 g
Fat	26 g
Protein	6.8 g
Water	0 g