

# 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   |

## 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      |

## 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)