

Low FODMAP Steamed Chocolate Christmas Pudding



INGREDIENTS:

- 200 g (1 and ½ cups) gluten-free self-rising flour or plain gluten-free flour plus 2 tsp baking powder
- 60 g (½ cup) pure cocoa powder
- 50 g (½ cup) almond meal
- 100 g (just under ½ cup) brown sugar
- ½ cup or 110 gm butter, melted and cooled
- 160 g (just over 1 cup) dark choc chips (dairy free)
- 2 eggs, lightly whisked
- 4 tablespoons vanilla essence
- 200 ml (1 cup) lactose free milk
- For dusting: icing sugar, sieved
- 6 whole raspberries for decoration on top (can use the frozen type)
- 250 g (2 cups) frozen raspberries to make the puree, to be poured all around the base of the pudding



METHOD:

- ❖ Heat a large saucepan half filled with water
- ❖ Sift gluten free flour, cocoa powder and almond meal into a large bowl, add 100g brown sugar and stir to combine.
- ❖ In another bowl whisk the eggs, then add the melted butter, vanilla essence and 250 ml of your favourite lactose free milk in a jug, then whisk into flour mixture until smooth and combined.
- ❖ Butter the sides of the steam pudding pot and cut a round oven paper and butter it.
- ❖ Spoon half of the mixture into the buttered steam pudding pot, put the choc chips inside the middle of the mixture and cover it with the remaining mixture, smooth top and sift together 1 tablespoon of cocoa and 1 tablespoon of sugar on top
- ❖ Close the steam pudding lid and put it in the boiling water cook for 1h 30 minutes, topping up with hot water every time it gets too low.
- ❖ Once ready, turn it upside plate on a flat plate.
- ❖ If you are preparing the pudding one day in advance, store it in a cool dry place or if you live in a hot country, you can put it in the fridge and continue the following instruction half an hour or 1 hour before serving (if you have stored it in the fridge, take it out a couple of hours before)
- ❖ Dust with icing sugar
- ❖ Position a few raspberries on top for decoration
- ❖ Melt in the microwave 2 cups of frozen raspberries, after they have cooled down and look like a chunky raspberry sauce, pour it all around the base of the pudding