STICKY TOFFEE SPELT CAKE

YIELDS: ONE 12 INCH CAST IRON PAN

This dreamy vegan winter dessert is cozy and delicious offering gooey sweetness from dates, a burst of warm flavor from ginger, all mixed into a lovely cake using spelt flour for something a little different. Bake in one dish and top with your favorite ice cream. This recipe was adapted from the Gather & Feast blog recipe.

Ingredients

FOR THE CAKE

- ½ cup olive oil
- ¾ cup milk of your choice (we used unsweetened oat)
- ½ cup coconut sugar
- 10 medjool dates, pitted & finely chopped
- 1 tbsp vanilla extract
- 1-inch piece (approx. 1 tbsp) of fresh ginger, finely grated
- pinch sea salt
- 1½ cups Anita's Oragnic Whole Grain Spelt Flour (or All Purpose White Spelt)
- 1 tsp baking powder
- ½ cup yoghurt

FOR THE TOPPING

- ½ cup coconut sugar
- ¼ cup pure maple syrup
- ½ cup oat milk
- 1½ cups boiling water
- 3-4 tbsp cognac, whisky or brandy (optional)
- ½ inch piece (approx. 1 tsp) of fresh ginger, finely grated
- ½ tsp sea salt

Instructions

1. Preheat your oven to 350°F

2. In a large mixing bowl whisk together the olive oil, milk, sugar, dates, vanilla, fresh ginger, and sea salt.

3. Add the flour, baking powder, and yoghurt, folding to combine.

4. Pour and spread the mixture evenly into your cast iron pan (or a dish that has roughly the capacity of 6-8 cups).

5. Use the same mixing bowl to combine the coconut sugar, maple, milk, ginger, and boiling water and stir until the sugar has dissolved.

6. Carefully pour the hot liquid over the pudding batter. If you pour the liquid over the back of a spoon it will spread more evenly rather than creating a hole in the centre of the pudding.

7. Bake for 40-45 minutes.

8. Remove the pudding from the oven and let it rest for 10 minutes before serving.

9. Serve the pudding warm with your favourite ice cream, yoghurt or cream. We served ours with our favourite vegan vanilla ice cream.

10. Dust the pudding with a little cinnamon, garnish with mint if you like, and most importantly, dig in!