

Chocolate Self-Saucing Pudding



Serves 6, 261 cal each

1 cup spelt flour
2 teaspoons of baking powder
2 tablespoons cocoa powder
2 tablespoons of agave nectar
80g butter, melted, cooled
1/2 cup milk
1 egg, lightly beaten

Sauce

2 tablespoons cocoa powder, sifted
1/4 cup of agave nectar
1 1/4 cups boiling water

Preheat oven to 180°C. Grease an 8-cup capacity ovenproof baking dish. Sift flour, baking powder and cocoa into a large bowl.

Combine butter, agave, milk and egg in a jug. Slowly add to flour mixture, whisking until well combined and smooth. Spoon into baking dish. Smooth top.

Sift cocoa allocated to sauce over pudding.

Mix agave with the water.

Slowly pour boiling water with agave over the back of a large metal spoon to cover pudding. Bake for 35 to 40 minutes or until pudding bounces back when pressed gently in centre. Serve hot with cream and berries