

Coconut and Lemon Self-Saucing Pudding

Please note this should be a special occasion treat!



Serves 6, 392 cal's each

$\frac{3}{4}$ cup of spelt flour cup
 $\frac{1}{2}$ cup of coconut flour
2 teaspoons of baking powder
 $\frac{1}{2}$ cup desiccated coconut
 $\frac{1}{3}$ cup rice malt syrup
1 tablespoon finely grated lemon rind
 $\frac{1}{3}$ cup coconut milk
1 egg, lightly whisked
60g butter, melted

Sauce

1 tablespoon cornflour
 $\frac{1}{3}$ cup rice malt syrup
 $\frac{2}{3}$ cup (160ml) lemon juice
 $\frac{1}{2}$ cup (125ml) coconut milk
 $\frac{1}{2}$ cup (125ml) water

Preheat oven to 180°C. Grease an 8-cup (2 litre) capacity ovenproof dish with butter. Place on an oven tray.

Combine flours, baking powder, coconut and lemon rind in a large bowl. Whisk coconut milk, malt syrup, egg and butter in a bowl. Add coconut milk mixture to flour mixture. Stir to combine.

Sift the corn flour evenly over base of the dish, then pour the batter into prepared pan and use the back of a spoon to smooth surface.

Combine remaining ingredients in a small saucepan over medium heat and bring to a simmer. Remove from heat and pour over pudding. Bake in preheated oven for 25-30 minutes or until just cooked through and golden. Remove from oven. Set aside for 5 minutes before serving. Serve with cream, if desired.