

# LOW CARB MALVA PUDDING



## LOW CARB MALVA PUDDING

2 tablespoons xylitol  
1 tablespoon apricot diabetic jam, optional  
2 free range eggs  
1 cup ground almond flour  
 $\frac{1}{2}$  cup fine desiccated coconut  
1 teaspoon bicarbonate of soda  
pinch salt  
2 tablespoons butter  
1 tablespoon brown vinegar  
 $\frac{1}{2}$  cup full cream milk

### SAUCE:

1 cup fresh cream  
 $\frac{1}{2}$  cup butter  
2 tablespoons xylitol  
4 tablespoons water

Preheat the oven to 190 °C.

For the pudding, beat the xylitol, jam and eggs together until fluffy and creamy. Mix the dry ingredients in a separate bowl. Melt the butter in a small saucepan on medium heat. Add the vinegar and milk and stir. Remove from heat and add the milk mixture to the dry ingredients. Mix well. Next, add the egg mixture and mix well using a whisk or wooden spoon. Pour into an ovenproof dish and bake for 25–30 minutes or until firm but

spongy and nicely browned.

For the sauce, melt all the ingredients together in a small saucepan on medium to high heat. Allow to simmer for 2 minutes, stirring constantly so that it does not boil over. Pour the sauce over the pudding as soon as it comes out of the oven. Serve with whipped cream.

Recipe posted by Salomie de Beer

NB. All people with any type of diabetes who wish to use our recipes, should do so in consultation with their diabetes healthcare team. If you have diabetes it is important to know your risk factors.