

# Indian Date Pudding



## Method

Boil the dates and water with the lid on in a pot until the dates are soft. Be careful not to let the liquid evaporate.

Add in the sugar, salt and cinnamon and stir well.

In a pan melt the ghee and add the flour and baking powder and fry on low heat until golden. Add the date mixture and combine well. Pour into a greased pudding dish and bake for 20 minutes on 170 degree Celsius. Serve hot.

## Ingredients

### *The Date Mixture*

150g dates

2 cups water

100g sugar

¼ tsp salt

¼ - ½ tsp freshly ground  
cinnamon

80g ghee

1 cup plain flour

2 tsp baking powder

This date pudding is a simple delicious healthy sweet suitable for vegetarians

