

Sticky Ginger Pudding - by Healing Family Eats

Don't be tempted to cut down the quantity of honey for this pudding, you'll likely lose the 'sticky'!

(serves 4-6)

3 ripe bananas, mashed
1/2 cup (85g) [shortening](#), softened
1/2 cup (170ml) honey
1 tsp freshly grated ginger
1 tsp [ground ginger](#)
1/2 cup (60g) [coconut flour](#)
1 tsp baking soda
pinch [salt](#)
1 gelatine egg, as follows

gelatine egg -
1 tbsp [gelatine](#)
1 tbsp lemon juice
2 tbsp just boiled water

Preheat oven to 350F / 180C. Generously grease a 2 pint pie dish.

Put the bananas, shortening and honey into a bowl and, using a stand or handheld mixer, combine thoroughly. Add the fresh ginger then sift in the ground ginger, coconut flour, baking soda and salt. Mix again until combined.

Next, make the gelatine egg. Put the gelatine and lemon juice into a small bowl and mix well. Now add the boiled water and whisk quickly until the gelatine has melted and the mixture looks frothy. With the motor running, pour the gelatine egg into the bowl and whizz again just for a second or two to fully incorporate the 'egg'.

Put mixture into the prepared dish, level the top and cook for 50-55 minutes until browned and just firm to the touch. Not too firm though, or you'll lose all the 'sticky'. Serve with [whipped coconut cream](#) or [ice cream](#).

