

Sticky Cricket-y Pudding

- by Healing Family Eats

Don't be tempted to cut down the quantity of molasses (and feel free to add a tablespoon or two more) for this pudding, you'll likely lose the 'sticky'!

(serves 6-8)

1 can [pumpkin purée](#)
3/4 cup [organic palm shortening](#)
1/4 cup [blackstrap molasses](#) *
generous pinch [sea salt](#)
1+1/2 tsp [vanilla extract](#)
3/4 cup [shredded coconut](#)
1/4 cup [cricket flour](#) *
1/2 cup [coconut flour](#)
1 tsp [baking soda](#)
1 gelatin egg, as follows

1 tbsp [gelatin](#)
1/2 tsp [apple cider vinegar](#)
3 tbsp hot water

Preheat oven to 350F. Generously grease a 2+1/2 pt pie dish.

Put the pumpkin, shortening, molasses, salt and vanilla extract into the bowl of a stand or hand held mixer with the paddle attachment and mix until well combined and smooth. Add the shredded coconut, then sift in the cricket and coconut flours, together with the baking soda. Mix again.

Next, make the gelatin egg. Put the gelatin into a small bowl, the vinegar and hot water into another. Pour the liquid into the gelatin and whisk quickly until the gelatin has melted and the mixture looks frothy. With the motor running, pour the gelatin egg into the cake bowl and whizz again for a couple of seconds or so to fully incorporate. Spoon the mixture into the prepared dish, level the top and cook for 50 minutes or until browned and just firm to the touch. Not too firm though, or you'll lose all the 'sticky'. Serve with [ice cream](#) or [whipped coconut cream](#).

- * Make this GAPS/SCD friendly by replacing the molasses with honey.
- * Note of caution: If you have a shellfish allergy, you may well be allergic to crickets, since they are also crustaceans. Those with nut allergies should take caution too.

