

Self-Saucing Chocolate Pudding

by Healing Family Eats

Prep time: 15 minutes

Cook time: 30 minutes

Serves 6

2 oz grass-fed butter (stage 2) or ghee (stage 1) or 1 oz coconut oil for elimination phase

1/3 cup honey or 1/4 cup for elimination phase

3/4 cup coconut milk

1/2 cup cocoa powder (stage 1) or carob powder for elimination phase, divided

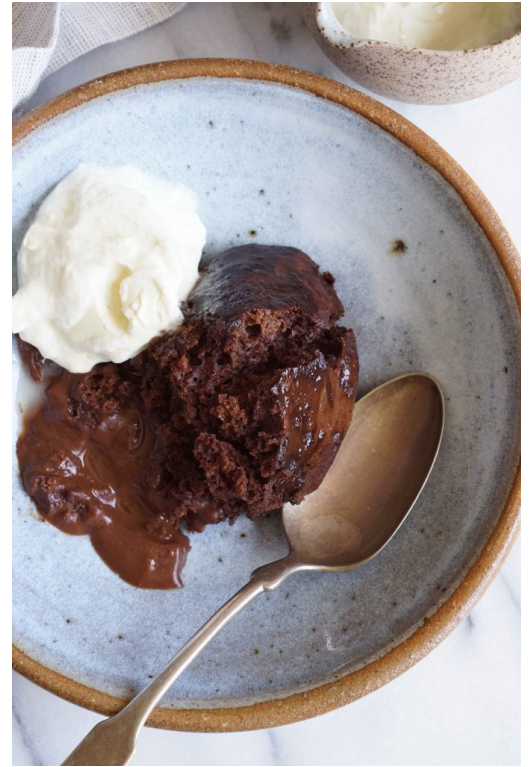
1/2 cup green banana flour

1/4 teaspoon baking soda

1/2 teaspoon cream of tartar

3 tablespoons coconut sugar

1+1/4 cups boiling water



Preheat oven to 350F. Grease a 10 x 7 inch (2+1/2 pint capacity) shallow ovenproof dish.

Put the butter, honey, coconut milk and 1/4 cup of the cocoa powder into a medium bowl set over a pan of simmering water. Melt over a low heat, stirring frequently.

Put the green banana flour, baking soda, and cream of tartar into a large mixing bowl.

Stir the butter mixture into the flour mixture and beat until smooth. Pour into the greased dish.

Mix the coconut sugar and remaining cocoa powder in a small bowl and sprinkle over the pudding mixture.

Pour over 1+1/4 cups boiling water and bake for 25-30 minutes or until the sponge is just cooked but the pudding still feels a bit wobbly.

Serve immediately. Divide into bowls with a spoonful of coconut yogurt to cut through the richness.