

## STICKY DATE PUDDING

5 ProPoints VALUES PER SERVE | SERVES: 16 | PREP: 20 MINS PLUS 10 MINS STANDING | COOKING TIME: 25 MINS

### Ingredients

180g pitted dates, roughly chopped  
1 tsp bicarbonate of soda  
50g Weight Watchers Canola Spread  
½ cup (110g) brown sugar,  
Plus ¼ cup (55g) extra for sauce  
2 eggs  
1½ cups (225g) self-raising flour  
185ml can reduced-fat evaporated milk  
1 cup (250ml) reduced-fat vanilla custard



### Instructions

1. Preheat oven to 180°C or 160°C fan-forced. Lightly spray an 18cm x 28cm slice tin with oil. Place dates and bicarbonate of soda in a heatproof bowl and pour over 1 cup (250ml) boiling water. Set aside for 10 minutes.
2. Using electric beaters, beat the spread, ½ cup (110g) brown sugar and eggs in a large bowl until smooth. Stir in flour and date mixture. Pour into prepared tin and bake for 25 minutes or until cooked when tested with a skewer.
3. Meanwhile, stir evaporated milk and remaining brown sugar in a small saucepan over low heat until sugar has dissolved. Bring to the boil, then reduce heat and simmer, uncovered, for 3 minutes or until slightly thickened.
4. Cut pudding into portions and serve drizzled with sauce and custard.

### Tips

The pudding (without sauce or custard) is suitable to freeze. Cut cooled pudding into individual portions and wrap each portion in plastic wrap and foil. Label, date and freeze for up to 3 months.

The Weight Watchers ProPoints® plan has been given a fresh, new, smart made simple approach with the introduction of an extensive list of new recipes and meal ideas tailored to individual food preferences – from Gluten to Lactose Free, Mediterranean to Vegetarian, Classic, and Filling & Healthy options – all designed to make Weight Watchers easier to fit into different lifestyle choices.