

# Almond and Apricot Christmas Pudding



**Serves 3 people** *This is a light desert even though it tastes like a steamed pudding.*

*I use it as an alternative to Christmas pudding, just add more spices if you like.*

## Ingredients

1 mug dried apricots soaked over night and then drained

2 tablespoons tapioca flour

3 tablespoons ground almonds

½ teaspoon grated ginger

½ teaspoon grated lemon rind

½ teaspoon bicarbonate of soda

Pinch of salt

3 heaped tablespoons cooked quinoa

3 tablespoons rapeseed oil

1 tablespoon creamed coconut

Flaked almonds for decoration



## Method

1. Chop the drained apricots into small pieces in a mixing bowl using a pair of scissors
2. Add remaining ingredients and stir into a soft paste
3. Pour some rapeseed oil into the base of the baking dish (you could use 3 small dishes to get extra browned edges) and sprinkle the flaked almonds to just cover the base.
4. Add in the soft paste and press down covering with a lid
5. Bake on a log burning stove or in a moderate oven until brown on the edges.
6. When cooked loosen the edges and turn upside down onto a serving dish to display the flaked almonds. Serve with coconut cream or your alternative.

This is suitable for freezing both uncooked or cooked. Or make it in the morning and then leave in the fridge until ready to go on the stove or in the oven.

*I'd love to hear your experience! Please email me at [hello@integratinghealth.com](mailto:hello@integratinghealth.com)*