



# INCABERRIES

## Sticky Date & Incaberry Pudding

### Ingredients

2 cups of dates chopped  
1/2 cup of Incaberries chopped  
2 cups of water  
1 tsp bi-carbonate soda  
60g butter  
1/2 cup brown sugar  
1/2 cup castor sugar  
2 eggs beaten  
1/2 cups SR flour, sifted

### Method

1. Preheat oven to 180 degrees for 5 mins
2. In a saucepan, combine dates, incaberries and water. Simmer uncovered until dates and incaberries are soft and liquid thickened.
3. Remove from heat. Add bi-carb soda and mix well
4. Add remaining ingredients, mix until combined with a spoon, not in a mixer
5. Put mixture into a 23cm square tin and cook for 40mins, it should be slightly gooey in the middle = cooked.

OR for individual serves put mixture into large muffin trays and cook for 15-20mins, check after 15mins.

### Sauce

1 cup brown sugar  
2 Tbsp golden syrup  
125 g butter  
1/2 cups cup cream

### Method

1. Combine all ingredients in a saucepan
2. Stir over low heat until sugar is dissolved
3. Simmer for 3 minutes

Then exercise for 1 week afterwards!