

# Sugar Free Baked Pudding Recipes

These pudding recipes are free from added sugar and are naturally sweetened with fruit.

## Lemon Sultana Cake

Recipe adapted from BBC Food

### Ingredients

120g baking spread  
150g mashed banana  
Juice of 1 large lemon  
120g rolled oats  
2 large eggs  
½ tsp baking powder  
25g flour  
100g sultanas



### Method

- Heat the oven to 180C and line a 15cm/6in cake tin with greaseproof paper
- Soften the baking spread in a microwave and beat it with the mashed banana
- Beat in the lemon juice and oats
- Stir in the eggs with the flour
- Stir in the sultanas and mix well
- Spoon the mixture into the cake tin and bake for 30-35 minutes
- Test with a skewer to make sure it's cooked (the skewer will come out clean when inserted into the middle) then allow to cool in the tin before removing



## Banana Bread

Recipe adapted from SR Nutrition

### Ingredients

140g unsalted butter  
80g dates  
2 eggs  
140g self-raising flour  
1tsp baking powder  
3 very ripe bananas  
mashed well  
40g sultanas

### Method

- Grease a loaf tin and heat the oven to 180C
- Add the dates to a blender / food processor with a little of the water and blend into a smooth paste
- Cream butter and date paste together until fluffy
- Use a blender or a whisk to add the eggs a little at a time – add a large pinch of the flour to stop the mixture separating
- Once blended, fold in the flour and the baking powder until the ingredients are mixed well
- Add the mashed bananas and whisk or stir together
- Add the sultanas
- Add the mixture to the loaf tin and bake for around 50 minutes

## Apple Crumble

Recipe adapted from SR Nutrition



**HEALTHY EARLY  
YEARS AWARD**  
Southampton

### Ingredients

700g apples  
50g chopped dates  
1/2 teaspoon  
cinnamon  
85g wholemeal flour  
85g oats  
60g baking spread  
Zest of half an orange



### Method

- Heat the oven to 180C
- Peel the apples
- Add 50mls of water to a pan and bring it to the boil
- Chop the apples into chunks and add them to the boiling water as you go
- Once all the apples are in the pan, add the cinnamon and the dates and turn the heat down slightly. Add a lid to the pan and cook for another 10 minutes or so (you can add a little more water to the pan if necessary)
- Once the apples are soft, turn the heat to a simmer and remove the lid. Allow any remaining water to evaporate out of the pan and remove the apple mixture from the heat and add to the bottom of a crumble dish (roughly 20 cm by 20 cm in size)
- Add the butter, oats and flour into a bowl with the orange zest and mix together using your fingers (or pulse the ingredients together in a food processor)
- Once the mixture is a similar texture to breadcrumbs, pour on top of the apples
- Bake the crumble for around 20 minutes

## Oat Blueberry Muffins

Recipe adapted from SR Nutrition

### Ingredients

1 ripe banana mashed  
75mls olive oil  
1/2 teaspoon vanilla extract  
1/2 teaspoon white wine vinegar  
100mls milk of choice  
1 lemon  
100g plain flour  
50g rolled oats (+ extra for topping)  
1/2 teaspoon baking powder  
1/2 teaspoon bicarbonate of soda  
150g blueberries

### Method

- Heat the oven to 200C.
- Whisk the mashed banana, olive oil, vanilla extract, white wine vinegar and milk together until fairly smooth
- Wash the lemon and then grate in the zest to the mix and stir well
- Add the oats, flour, baking powder and bicarb and fold it into the mixture
- Stir in the blueberries
- Spread the mixture out amongst 12 cupcake cases and top with a scattering of oats on each muffin
- Bake in the oven for around 20 minutes

