



Coconut Syrup Pudding

100g BUTTER

2 EGGS

100g SUGAR

2 Teas. AGAR POWDER

or GELATINE

2 Teas. GLUTEN FREE

BAKING POWDER

160g ONE OF LOLA'S GLUTEN FREE PLAIN FLOUR BLENDS.

2 TEAS. VANILLA ESSENCE

4 Tbsp. COCONUT SYRUP

1/4 CUP MILK

Place a saucepan with a lid about a quarter full on the stove with a wire rack (trivet) or saucer in the bottom. Bring the water to boil.



See utensils-miscellaneous



Using an electric mixer, cream butter , sugar and vanilla . Beat in the eggs. With a wire whisk lightly fold in the milk and flour-agar/gelatine .

Grease well with margarine a one litre pudding basin. Place the coconut syrup in the bottom of the basin and pour on the batter.

Loosely top the mixture with a sheet of baking paper.

Place the pudding on the rack in the boiling water with the paper sitting on top. With the lid on steam the pudding for 45 minutes.



Lola's Superfine Flour

100g Besan flour

100g Potato Starch

50 fine rice flour

