

# Quick & Healthy Christmas Pudding

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/bake-off-microwave-christmas-pudding-recipe>

## Ingredients:

- 1 1/2 whole oranges roughly chopped, include the skin
- 2 cups pitted dates
- 1 13/16 cups pitted prunes
- 1/3 cup coconut oil
- 1 1/4 cups water
- 1 1/2 cups dried currants
- 5 cups dried apricots organic, finely chopped
- 7/8 cup pitted prunes roughly chopped
- 4 eggs lightly beaten
- 3 2/3 cups almond meal
- 1 teaspoon vanilla bean powder or paste
- 1 tablespoon canela
- 1 teaspoon allspice
- 1/4 teaspoon clove
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon sea salt

## Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 173 grams
3. Cholesterol: 210 milligrams
4. Fat: 67 grams
5. Fiber: 30 grams
6. Protein: 30 grams
7. SaturatedFat: 21 grams
8. Sodium: 230 milligrams
9. Sugar: 112 grams

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