

Sticky Date Pudding

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1/2 cup oats
- 10 dates 8 chopped and 2 whole to garnish, optional
- 1 egg yolk
- 2 tablespoons maple syrup
- 1/4 teaspoon baking powder
- 2 teaspoons cinnamon
- vanilla
- essence

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 50 milligrams
4. Fat: 2.5 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 35 milligrams
9. Sugar: 18 grams

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