

Ouma's Baked Chocolate Pudding

Ingredients

Syrup

- ½ cup honey
- 2 Tbsp Cacao powder
- 1 tsp freshly ground vanilla powder
- 2 cups pure water

Put all ingredients in a pot and boil for 5 min.

Dough

- 1 & ½ Cup spelt/wheat grain

Note: Remember once a grain berry has been freshly stone milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation. Fragile nutrients, like the germ oil, enzymes, and amino acids will be oxidized over time, which is not beneficial to good health. Solution - only process (stone mill or roll) grains on demand as one can store whole grains for years but flour only for days, as it will be oxidized.

- 3 Tbsp butter or coconut oil
- 1/3 cup honey
- 1/2 tsp Bicarbonate of Soda
- 1 x egg
- 2 Tbsp cacao powder
- ½ tsp Himalayan Salt
- ½ cub full cream milk

Preparation

- Mix all the ingredients with a whisk or in a Magimix.
- Pour the dough into the boiling syrup.
- Slow cook it in a pot for ±10 minutes.

Serves ± 8 people

Enjoy it &



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