

Butterscotch (and Banana) Pudding



Serves	4-6
Prep time	10 minutes
Cook time	40 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Serve Hot

Ingredients

- 60g unsalted butter or Nuttalex
- 1 cup plain white flour
- 2 teaspoons baking powder
- 3/4 cups white sugar
- 1/2 cup milk (or milk alternative)
- 1 egg (lightly beaten)
- 1/2 cup brown sugar
- 1 cup boiling water
- pinch salt

Optional

- 1 banana (mashed)

Directions

1. Preheat the oven to 180 C. Lightly grease an oven proof dish.
2. Combine the flour, baking powder, white sugar and salt in a large bowl.
3. Melt the butter or Nuttalex and add to the dry ingredients. Add the egg, milk and banana (if using) and mix well.
4. Pour the cake mixture into the prepared dish.
5. Sprinkle the brown sugar over the top, then pour the boiling water over the sugar.
6. Put into the oven and bake for 30 to 40 minutes.
7. Serve on its own or with custard, cream or ice cream.



Note

Butterscotch version: Low Chemical / Failsafe

Butterscotch and Banana version: Low Salicylates, Low Glutamates, Amines

Use Nuttalex and a milk alternative (e.g. rice milk) for a dairy-free version.

For a gluten-free version replace the plain flour and baking powder with 1 cup of rice flour, 1/2 tspn xanthan gum and 2 tspn gluten-free baking powder.

This recipe is based on the Butterscotch Pudding recipe in [The Failsafe Cookbook](#).