Sticky Date & Incaberry Pudding

Ingredients
2 cups of dates chopped
1/2 cup of Incaberrries chopped
2 cups of water
1 tsp bi-carbonate soda
60g butter
1/2 cup brown sugar
1/2 cup castor sugar
2 eggs beaten
1/2 cups SR flour, sifted

Method
1. Preheat oven to 180 degrees for 5 mins
2. In a saucepan, combine dates, incaberrries and water. Simmer uncovered until dates and incaberrries are soft and liquid thickened.
3. Remove from heat. Add bi-carb soda and mix well
4. Add remaining ingredients, mix until combined with a spoon, not in a mixer
5. Put mixture into a 23cm square tin and cook for 40mins, it should be slightly gooey in the middle = cooked.

OR for individual serves put mixture into large muffin trays and cook for 15-20mins, check after 15mins.

Sauce
1 cup brown sugar
2 Tbsp golden syrup
125 g butter
1/2 cups cup cream

Method
1. Combine all ingredients in a saucepan
2. Stir over low heat until sugar is dissolved
3. Simmer for 3 minutes

Then exercise for 1 week afterwards!