



6

Servings

10 min

Prep Time

35 min

Cook Time

45 min

Total Time

Keto Self Saucing Chocolate Pudding

Ingredients

Pudding

- 1 ½ cups almond meal
- 40g butter
- 1/3 cup [Sukrin Monkfruit](#)
- ¼ cup cacao powder
- 2 eggs
- 1 tsp baking powder
- 1 tsp vanilla extract
- Pinch salt

Sauce

- 3 tbsp cacao powder
- 2 tbsp [Sukrin Monkfruit](#)
- 2 tbsp [Sukrin Gold](#)
- 1 cup boiling water

Macros Per Serve

Calories - 291 | Fat – 21.5g
Net Carbs – 0.9g | Protein – 9.2g

Conventional Method

- 1 Preheat the oven to 170°.
- 2 Grease a small casserole dish.
- 3 Place the butter in a microwave proof bowl and soften in 30 sec bursts.
- 4 Place the remaining pudding ingredients in the bowl and combine well with a wooden spoon.
- 5 Scrape the pudding mix into the casserole dish and spread out evenly.
- 6 In a small bowl, combine the cacao powder and sweeteners. Sprinkle over the top of the pudding evenly.
- 7 Gently pour over the hot water.
- 8 Place in the oven and bake for 35mins. Keep an eye on it – if it looks like it's going to burn, cover it with foil.
- 9 Remove from the oven and leave to sit for 10 mins.
- 10 Serve with keto ice-cream or whipped cream.

Thermomix Method

- 1 Preheat the oven to 170°.
- 2 Grease a small casserole dish.
- 3 Place the butter in the Thermomix and soften for 1.5 mins/80/sp1.
- 4 Place the remaining pudding ingredients and combine for 30 sec/sp4.
- 5 Scrape the pudding mix into the casserole dish and spread out evenly.
- 6 In a small bowl, combine the cacao powder and sweeteners. Sprinkle over the top of the pudding evenly.
- 7 Gently pour over the hot water.
- 8 Place in the oven and bake for 35mins. Keep an eye on it – if it looks like it's going to burn, cover it with foil.
- 9 Remove from the oven and leave to sit for 10 mins.
- 10 Serve with keto ice-cream or whipped cream.