



Apple and oat milk caramel pudding

Ingredients (serves 1)

- 1 Golden delicious apple, approximately 200 g
- 50 ml oat milk
- 1 egg

Method

1. Peel and cut the apple into small pieces.
2. Put the apple in a bowl, add a tablespoon of water, cover with a plate, and put in the microwave for four minutes at maximum power.
3. In a container suitable for blending, put the oat milk, egg and the cooked apple and blend together.
4. Put the mixture in a baking mould.
5. Cook in the oven, in a bain-marie, at 150°C for approximately twenty minutes, until it has set.
6. Cool and keep it covered in the fridge, so that it does not dry out.
7. Unmould and serve cold with honey.

Recommendations

The caramel pudding can also be made with other low-acid fruits such as pears or bananas. It can also be prepared with milk, cream or other plant-based milks. For a quicker version use the microwave, cooking in a suitable mould for approximately four minutes at highest power setting.