
Carol's Date Pudding

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 12

1 cup dates, chopped
1 cup boiling water
1/2 cup white sugar
1/2 cup brown sugar
1 egg
2 tablespoons margarine, melted
1 1/2 cups flour
1/2 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 cups brown sugar
1 tablespoon butter
1 1/2 cups boiling water

In a saucepan, combine the dates and boiling water. Mix and let cool.

In a bowl, mix the white sugar, brown sugar, egg and melted margarine.

In a bowl, sift together the flour, salt, baking soda and baking powder. Combine with the sugar mixture. Mix well. Add the dates.

Pour the mixture into a greased 11 x 7 inch pan (a 9 x 9 inch makes the cake thicker).

In a bowl, combine 1-1/2 cups of brown sugar, one tablespoon of butter and 1-1/2 cups of boiling water. Stir well. Pour over the pudding batter.

Bake for 40 minutes at 375 degrees.

Dessert

Per Serving (excluding unknown items): 220 Calories; 3g Fat (13.8% calories from fat); 2g Protein; 46g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.