

# Herbal Legacy Recipes

## Figgy Pudding and Lemon Sauce

In honor of Dr. Christopher, we bring you his most loved dessert.

### Figgy Pudding

#### INGREDIENTS:

- 1 cup raw carrots grated
- 1 cup raw potato grated
- 1 cup chopped dried dates and dried figs (combined to make 1 cup)
- 1 cup whole wheat flour
- 1 cup honey or agave
- 1 tsp. Cinnamon
- ½ tsp. Cloves
- 1 egg and 2 egg whites well beaten (an egg replacer can be used here)
- 1 tsp. baking soda
- 2 Tbs. Hot water
- 3 Tbs. Melted butter (soy butter can be used here)

#### DIRECTIONS:

Mix vegetables and fruit with flour. Be sure they are well coated. Add honey, spices and egg. Then add beaten egg whites. Dissolve baking soda with the hot water and add to the rest. Put the combination into a greased 1 quart double boiler (top pan). Drizzle butter on top. Cover tightly and steam for 2 ½ hours. Check the water in the bottom of the double boiler at least every ½ hour and replenish as needed.

Let the pudding cool for 5-10 min and then invert the top of the double boiler onto a plate. The pudding should come out in one piece. Scoop some onto plates or dessert bowls and spoon sauce over it.

### Lemon Sauce

#### INGREDIENTS:

- ¾ cup water
- ½ cup agave or honey
- 1 ¼ Tbs. Cornstarch or arrowroot
- 1 ¼ Tbs. Lemon juice (fresh or bottled)
- 2 Tbs. Butter
- Pinch of salt



#### DIRECTIONS:

Mix water and cornstarch, add remaining ingredients. Bring to a boil stirring constantly. Serve over pudding. If you would like, you can make a double batch of the lemon sauce and add a little more lemon to it. Some people also like to add vanilla.

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