

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Figgy Pudding and Lemon Sauce

(A favorite of Dr. Christopher's during the holidays.)

- 1 cup raw carrots grated
- 1 cup raw potato grated
- 1 cup chopped dates and figs (combined to make 1 cup)
- 1 cup whole wheat flour
- 1 cup honey or agave
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1 egg plus 2 egg whites well beaten (an egg replacer can be used here)
- 1 tsp. baking soda
- 2 Tbls. hot water
- 3 Tbls. melted butter (soy butter can be used here)



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 1/2 hours. Check the water in the bottom of the double boiler at least every 1/2 hour and replenish as needed.

Sauce

- 1 1/2 cup water
- 1 cup honey (use a scant cup, not quite a full cup)
- 2 1/2 Tbls. Cornstarch or arrowroot

2 1/2 Tbls. Lemon juice (fresh or bottled)

4 tabs Butter

Pinch of salt

Mix water and cornstarch, add remaining ingredients. Bring to a boil stirring constantly. Serve over pudding. (We like to add extra lemon to the sauce. Some like it with vanilla.)