Mini chocolate puddings (gluten free)

So desserts aren't healthy right? Well we don't believe they should be served up every day but for the occasional treat the trick is to control your portions and do a few healthy swaps.

For this mini delight we've used mini pudding tins, swapped the sugar for sweetener, flour for mashed potato and ice cream for frozen yoghurt. Sounds disgusting? Potato is a starchy carbohydrate that when whisked and baked, reacts much the same way as flour and it's full of heart healthy goodness. To our surprise, we also found that in small amounts and a lot of beating, sweetener works! You can flavour the cake mixture and the yoghurt using different fruit zests, spices or herbs. Why not try a little chopped mint and a few shavings of dark chocolate for your own mint choc chip ice cream?

Ingredients:

- 1 medium potato cut into chunks, boiled, mashed and cooled (you'll need around 65g, not butter or salt)
- 50g soft spread
- 2 tablespoons granulated sweetener
- 1 egg
- 40g ground almonds
- 1 tablespoon cocoa powder
- ½ tsp gluten free baking powder
- zest of 1 orange

Method:

1. Pop some low fat yoghurt in the freezer at least 2 hours before preparation. Choose your own flavour, just look out for added sugars on food labels and where you can, flavour naturally.
2. Pre-heat the oven to 180℃
3. Arrange fruit on the bottom of two mini non-stick pudding tins - we used blueberries but feel free to add your own creative flare
4. Beat the soft spread and the sweetener together until light and fluffy using a whisk
5. Add the egg, beating gently
6. Add the cold mashed potato, orange zest, cocoa powder and baking powder whilst gently whisking to achieve a smooth thick batter consistency
7. Spoon the mixture evenly into the flan cakes, then bake in the centre of the oven for 15 minutes
8. Use a spatula around the edges of the pudding tins and gently tip out to cool on a wire rack
9. Serve with a scoop of frozen low fat yoghurt and some mixed berries for a sweet treat made a little healthier