



Walnut and honey pudding

This fair trade winter-warmer is just the thing to make cold nights a little more bearable.

Ingredients

- 175g/6oz self-raising flour
- 65g/2.5oz Traidcraft chopped walnuts
- 75g/3oz shredded suet
- 75g/3oz Traidcraft golden caster sugar
- 1 medium egg
- 5 tbsp Traidcraft Wild Blossom clear honey
- milk to mix

Method

1. Butter a 1.2 litre/2 pint pudding basin, and put 3tbsp of honey and half the walnuts in the bottom.
2. Mix together all the dry ingredients, including the remaining nuts.
3. Add the eggs, the rest of the honey and enough milk to make a soft consistency. Spoon into the basin. Cover with greaseproof paper and foil and steam for about 1.5 hours.
4. Turn out and serve with thin cream or extra warmed honey.

Used with kind permission from Joan Bunting, writer for Newcastle Journal.

Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)