



# Cassava Pone

Prep: 15-20 minutes • Cook: 30-40 minutes • Serves: 6



## Ingredients

250g peeled and grated cassava  
100g fresh peeled and grated pumpkin  
(or squash such as butternut)  
100g unsalted butter, melted  
100g soft brown sugar or  
golden caster sugar  
½ teaspoon ground nutmeg  
A dash of Angostura bitters  
2 teaspoons vanilla extract  
100ml Cointreau (or brandy, semi-sweet  
wine or non-alcoholic wine if preferred)  
50ml water

- 1** Preheat the oven to 180°C/160°C fan/ gas mark 4. Mix the cassava and pumpkin in a bowl to combine.
- 2** Add the melted butter, sugar, nutmeg, Angostura bitters and vanilla extract to the cassava and pumpkin and mix thoroughly. Add the Cointreau and water to the mixture and stir to combine.
- 3** Place in a small, greased baking tin or dish (approximately 5cm deep) and press the mixture into the tin with the back of a spoon.
- 4** Bake for 30 to 40 minutes until the top is brown and firm to touch. Allow to cool and cut into six portions.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **39g**  
Low protein ✓  
Low salt ✓  
Cost per portion (Dec 2022) **£1.10**  
Energy in kcals **293**