

Chocolate Coconut Pudding

Add to blender:

1 can or 1 ½ cups coconut milk (not “lite”)
1/2 cup water
3 tbsp chia seeds
3 tbsp hemp seeds
3.5 tbsp dark cocoa powder **
3 tbsp honey or maple syrup
1 tsp vanilla powder or vanilla extract

- Puree at high speed about 2 minutes.
- Refrigerate about 8 hours.
- Consider topping with fresh cut bananas or shaved chocolate before serving.
- Makes about 3 servings.



** For example, don't use “Fry's” which is very pale. You want to use rich, dark brown cocoa/cacao in your cooking.