

Power Pudding Recipe

This is a fabulous versatile recipe that the whole family will love. You can literally add just about anything to it. Try your favorite fruits, nuts, seeds, or coconut.

SERVES 6-8 | RAW, VEGAN

3/4 cup chia seeds

4 cups almond milk, cashew milk or coconut milk

2 vanilla beans (split down the center and seeds removed) or 2 teaspoons vanilla extract

6-8 tablespoons erythritol (like Swerve) or pure stevia to taste—about 1/2 teaspoon to start and add more if desired. Spoonable stevia—start with 2 teaspoons and add from there. Liquid stevia—start with 1 teaspoon and add from there

DIRECTIONS

Add almond milk, vanilla, and sweetener to a blender and mix well. With the blender on a very low setting, add the chia seeds and mix. If you would like to add other ingredients, do it here. Transfer to a container and stir every 5 minutes for the first 15 minutes then let sit for 30 minutes to 1 hour. Transfer to the refrigerator. When ready to serve, add toppings.

VARIATIONS/TOPPINGS:

Berries

Lemon or lemon extract

Mint

Nutmeg

Nuts

Cocoa

Coconut

Apples

Cinnamon

Kiwi



Recipe For Laxative Logs Power Pudding

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