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

Nurts:

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

Cocoa

Mint Nutmeg

Coconut Apples

Cinnamon Kiwi



Recipe For Laxative Logs Power Pudding

Rachel Sandford

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Table of Contents Recipe For Laxative Logs Power Pudding

- 1. Understanding the eBook Recipe For Laxative Logs Power Pudding
 - The Rise of Digital Reading Recipe For Laxative Logs Power Pudding
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Recipe For Laxative Logs Power Pudding
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Recipe For Laxative Logs Power Pudding
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Recipe For Laxative Logs Power Pudding
 - Personalized Recommendations
 - Recipe For Laxative Logs Power Pudding User Reviews and Ratings
 - Recipe For Laxative Logs Power Pudding and Bestseller Lists
- 5. Accessing Recipe For Laxative Logs Power Pudding Free and Paid eBooks
 - Recipe For Laxative Logs Power Pudding Public Domain eBooks
 - Recipe For Laxative Logs Power Pudding eBook Subscription Services

- Recipe For Laxative Logs Power Pudding Budget-Friendly Options
- 6. Navigating Recipe For Laxative Logs Power Pudding eBook Formats
 - o ePub, PDF, MOBI, and More
 - Recipe For Laxative Logs Power Pudding Compatibility with Devices
 - Recipe For Laxative Logs Power Pudding Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Recipe For Laxative Logs Power Pudding
 - Highlighting and Note-Taking Recipe For Laxative Logs Power Pudding
 - Interactive Elements Recipe For Laxative Logs Power Pudding
- 8. Staying Engaged with Recipe For Laxative Logs Power Pudding
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Recipe For Laxative Logs Power Pudding
- 9. Balancing eBooks and Physical Books Recipe For Laxative Logs Power Pudding
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Recipe For Laxative Logs Power Pudding
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Recipe For Laxative Logs Power Pudding
 - Setting Reading Goals Recipe For Laxative Logs Power Pudding
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Recipe For Laxative Logs Power Pudding
 - Fact-Checking eBook Content of Recipe For Laxative Logs Power Pudding
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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