

Desserts

Chia Pudding

David Grosch

Serves: 4**Preparation Time:****Ingredients:**

1 cup unsweetened soy, hemp or almond milk
1/2 cup unsweetened, shredded coconut
1 cup water
4 medjool dates, pitted or 8 diglet noor dates, pitted
1/2 teaspoon alcohol-free vanilla flavor
1/2 - 3/4 teaspoon ground cardamom
1/2 cup chia seeds, divided

Instructions:

Blend milk, coconut, water, dates, vanilla, cardamom and 1/4 cup of the chia seeds in a high-powered blender. Add additional milk if needed to adjust consistency. Stir in remaining 1/4 cup chia seeds. Refrigerate for 15 minutes and stir again to distribute seeds evenly.

If desired, top with fresh berries and/or toasted unsweetened coconut.

For a parfait, alternate layers of berries with pudding in a wine glass.

For a chocolate chia pudding, blend in 2 tablespoons natural cocoa powder.

Per Serving:

CALORIES 280; PROTEIN 7g; CARBOHYDRATES 34g; TOTAL FAT 15g; SATURATED FAT 7.3g; SODIUM 42mg; FIBER 11.1g; BETA-CAROTENE 23ug; VITAMIN C 1mg; CALCIUM 171mg; IRON 2.7mg; FOLATE 16ug; MAGNESIUM 111mg; ZINC 1.4mg; SELENIUM 16.8ug

Dr. Fuhrman

