

## Vanilla Coconut Cream Pudding

Servings: 4      Total Time: 10 minutes      Adapted From: *Healthful Pursuit Blog*

### Ingredients:

- 1 can full-fat coconut milk
- 1 cup strawberries, halved
- 1 tsp vanilla extract
- 5-10 drops liquid stevia (start with less and add slowly to taste)
- Optional toppings: cinnamon, dark chocolate shavings, or walnuts*

### Directions:

1. Store the coconut milk in the fridge for at least 12-24 hours.
2. Scoop out the thick part of the coconut milk leaving the water behind.
3. Whip coconut milk, vanilla extract and liquid stevia with a hand mixer for 2-3 minutes.
4. Top with sliced berries and optional toppings.

**Nutrition Information per Serving:** 196 calories, 18g total fat, 16.5g saturated fat, 2g protein, 6.3g carbohydrate, 0.8g Fiber, 23mg sodium



Try a variation below to add healthy fats into the dessert!

### **Chia Seed Pudding**

*Stir in 1/4 cup chia seeds after mixing ingredients with hand mixture. Cover and refrigerate for at least 4 hours for chia seeds to hydrate. Lasts up to 3 days.*

### **Avocado Coconut Cream Pudding**

*Add pulp from 1 avocado and 1 tbsp. lime juice with the rest of the ingredients to a blender and blend until smooth.*