

All in one Super Chocolate Pudding

Triple free, gluten, dairy, and cholesterol free. Rich in protein, omega-3, and So... our microbes loves it. Full of fiber, polyphenol, healthy fat, and polyphenol, calls isoflavone, all are heart, brain, and weight friendly (and our environment)

Ingredients (makes 4 serving)

- 1 cup organic tofu, silken preferred (about ½ pck)
- 1 cup pitted date 100g, chopped
(or 100g dates paste to make you simple)
- 1 ripe banana, frozen
- ¼ cup walnuts*
- 2 table spoon flax seeds, ground
- 1/4 cup cacao powder
- Pinch sea salt
- 1 tea spoon cinnamon
- 2 table spoon orange or lemon skin (organic preferred)
- ½ tea spoon vanilla extract *
- *Optical for extra flavor/nutrition



Direction

In a food processor or blender combine the ingredients, process until the mixture is smooth. Served with Any berries, herb as you like.

You can store in the refrigerator about a week, or froze and enjoy choco ice cream.

By Michiko Tomioka, RDN, IFNCP