



German Chocolate Flaxmeal Pudding

Recipe created by Carlene McIntyre

When it's hot outside and you don't feel like baking, cool pudding makes a great dessert. This tasty pudding is vegan and SOS free. The recipe makes 4 servings.

Ingredients

- 1 cup dates, pitted
- $\frac{2}{3}$ cup hot water
- $\frac{3}{4}$ cup plant milk
- $\frac{1}{4}$ cup flaxmeal (ground flax seeds)
- 1 tbsp cacao powder (or cocoa powder)
- 2 tsp chia seeds
- 1 tsp beet root powder
- 2 tbsp date sweetened chocolate chips
- 2 tbsp unsweetened shredded coconut
- 2 tbsp chopped walnuts (or pecans)

Preparation

1. Add dates and hot water to a bowl and soak until softened (about 10 minutes).
2. Put the dates and hot water in a food processor equipped with the S-blade. Process until smooth to make date paste. Place the date paste in a small bowl and set aside.
3. Stir together the flaxmeal, cacao powder, beet root powder, chocolate chips, chia seeds, plant milk, and $\frac{1}{4}$ cup of the date paste until ingredients are mixed well in a separate bowl. Place in a covered container and refrigerate for at least 2 hours.
4. Add the coconut and walnuts to the small bowl containing the remaining date paste and stir until well mixed. This is the filling for the pudding. Place in a covered container and refrigerate.
5. Put equal amounts of the chocolate pudding mixture into 4 serving containers. Use a spoon to make a depression in the center of the chocolate pudding and add the filling mixture. Top with a berry or walnut half if desired.

Notes

- Store any leftover pudding in a covered container in the refrigerator.