

# BLUEBERRY PUDDING

Inspired by Dr. Furhman



## INGREDIENTS

2 cups blueberries, washed

$\frac{3}{4}$  cups [So Delicious Unsweetened Coconut Milk](#)

2 Tbs. ground flax meal (I used [Bob's Red Mill](#))

4 Medjool dates, pitted

Place all ingredients in your Vitamix (or blender) and blend for approximately 1 minute.

Chill before serving.

<http://veggiegrettie.com/2011/07/27/blueberry-pudding/>