

HEALTHY CHOCOLATE AMARETTO PUDDING



INGREDIENTS

1 cup gluten-free old fashioned oats
2 cups filtered water
1/2 cup So Delicious Creamer
1 cup So Delicious unsweetened coconut milk
1/2 cup cocoa powder
6 stevia packets
6 dates
1 tsp vanilla
*2 tsp almond extract**

Feel free to substitute other flavorings, i.e. mint, raspberry, orange...but start with 1/2 tsp and work your way up from there. I have not tried any others, so I am not sure how much of each to use.

Place the oatmeal and filtered water in a small saucepan and cook over medium heat. Once it reaches a boil, turn the heat down to low and allow the oats to simmer until thickened. Once the oats have thickened, turn off the heat and place the lid on the saucepan. Let the oats sit for 10 minutes.

Once the oats have thickened, place them in your high-speed blender (I use a Vitamix) with the remaining ingredients. Allow the mixture to blend for a full 3 minutes, stopping to scrape down the sides as needed (I know it's a long time...trust me on this). Once the 3 minutes are up, CAREFULLY remove the lid since the pudding will be VERY HOT!!!

Pour the hot pudding into a glass tupperware and allow it to cool to room temperature before placing it in the fridge to set.

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