

# Guiltless Double Chocolate Vegan Pudding by Tracy Knight

## Guiltless Double Chocolate Vegan Pudding

### Ingredients

- 1/4 cup unsweetened cocoa
- 3 tbsp stevia
- 1/4 cup No gmo cornstarch
- 1/8 tsp sea salt
- 1 cup almond milk unsweetened
- 1 cup coconut milk unsweetened
- 1 tsp vanilla extract or 1 vanilla bean
- 1/4 cup honey (Local)
- 1/2 cup chocolate chip (Enjoy Life chunks)

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 serving per container		<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Serving size</b> <b>1 (57g)</b>		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> <b>per serving</b>		Trans Fat 0g		Total Sugars 1g	
<b>10</b>		<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g Added Sugars	<b>2%</b>
		<b>Sodium</b> 5mg	<b>0%</b>	<b>Protein</b> 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% Potassium 0mg 0% • Vitamin E 0.3mg 2%					

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC ALMOND MILK , ORGANIC COCONUT MILK , KOSHER VEGAN DARK CHOCOLATE, HONEY, ORGANIC CORNSTARCH NO GMO, COCOA POWDER, 100% COCAO, NATURAL UNSWEETENED, , ORGANIC PLANT STEVIA , VANILLA BEAN, SEA SALT

CONTAINS: COCONUT

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### Instructions

1. In a medium bowl sift together stevia, cocoa, cornstarch, and salt
2. Add to a medium saucepan
3. Add Almond Milk and Coconut Milk over medium heat stir constantly – no lumps fork works just as well as a whisk
4. Use a spatula to remove from sides from here on out use the spatula it will help keep it from sticking to the bottom and sides
5. 2 minutes allow for it to come to a boil stirring constantly until thickens
6. Add honey and vanilla
7. Remove from heat and stir dark cocoa chunks
8. pour into bowls and chill in refrigerator for at least 2 hours
9. Top with coconut whipped cream

Coconut whipped cream by Angela Liddon

yields 1 cup  
prep 10 min

### Ingredients

- 1 can full fat coconut milk chill for 24 hours
- 2 tables of honey
- 1/2 tsp vanilla extract (opt)

### Directions

1. one hour before put mixing bowl in refrigerator
2. after chilling can of coconut milk, open the can and scoop the solid white coconut cream into the bowl. Discard the coconut water or save to make coconut water ice cubes
3. Whisk (electric) beat the cream until fluffy and smooth. Add in sweetner to taste and vanilla
4. Return whipped cream to refrigerator until use (up to 1 week)



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