

# Shopping List

## Produce

Medjool dates

## Bulk

Vanilla bean

Cinnamon

Chia seed

Vanilla extract

Sea salt

Maple syrup

## Grocery

Coconut butter

Berries—frozen or fresh



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# Vanilla Chia Pudding



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## INGREDIENTS

1/2 c chia seeds

1 vanilla bean, split and seeds scraped—reserve seeds and pod

1 c (5 oz) raw cashews, **soaked in filtered water for 2 hours or overnight, at room temperature**

4 c filtered water

7 Medjool dates, pitted

Pinch of sea salt

1/4 t ground cinnamon

2 T coconut butter (such as Artisana)\*

4 t pure vanilla extract

2 c mixed berries—raspberries and blueberries are great

3/4 c maple syrup for drizzling

\*Be sure you use coconut butter, which is made from the whole coconut, rather than coconut oil.

## INSTRUCTIONS

1. Place chia seeds and vanilla pod in a medium bowl and set aside.
2. Drain the cashews and rinse them well.
3. Add cashews, water, dates, salt, cinnamon, coconut butter, vanilla extract, and vanilla seeds to a blender.
4. Gradually bring up to high speed and blend for 2 minutes.
5. Pour mixture into the bowl with the chia seeds and vanilla pod—whisk well.
6. Let the mixture stand for 15 minutes, whisking every few minutes to prevent the chia seeds from clumping. The pudding should thicken quickly.
7. Refrigerate pudding until cold, about 3 hours.
8. Remove from fridge and discard the vanilla pod.
9. Whisk the pudding.
10. Divide pudding among 8 bowls. Top each with berries, and drizzle with maple syrup.

The pudding can be refrigerated for up to 5 days in a covered glass container.

Soaking the cashews first makes them more digestible by deactivating the enzyme inhibitors that are naturally present. They also won't turn into a really smooth paste if they are not soaked. Don't soak them for more than 10-12 hours though, or the nuts will disintegrate into a "gelatin".



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