



CHERRY AND CHOCOLATE CHIP CHIA PUDDING

Serves 4

Prep time: 10 minutes, Soak time: 30 minutes - overnight

- 1 cup cashew cream (recipe below) or almond milk
- 1 cup frozen cherries
- ¼ cup chia seeds
- 1/3 cup chocolate chips
- Couple drops of stevia (optional)

Blend the cashew cream, cherries, chocolate chips until smooth. Taste for sweetness and add stevia if necessary. Stir in chia seeds and pour into serving dishes and refrigerate for 30 minutes.

CASHEW CREAM

Makes 1 cup.

- ½ cup raw cashews

Soak cashews in hot water for at least 30 minutes or overnight. Drain the cashews and rinse under cold water. Place them in a blender with enough fresh cold water to cover them by 1 inch (about ¾ cup water.) Blend on high for several minutes until very smooth.