

Blueberry Bananas Foster Chia Pudding

Cooking in 3-V

INGREDIENTS

Banana Topping

1 tbsp of coconut oil or ghee
2 medium bananas (extra ripe, sliced)
2 tbsp pure maple syrup (or date paste)
1 tsp vanilla extract
¼ tsp ground cinnamon
1 pinch nutmeg (ground)
Pinch of salt (optional)

Pudding

2 cups plant-based unsweetened milk (almond, coconut, rice)
1/3 cup chia seeds
½ cup organic rolled oats
1 tsp vanilla extract
Pinch of salt (optional)
1 cup frozen blueberries
¼ cup walnuts (chopped)

Additional Toppings

½ cup organic strawberries (sliced)
½ cup organic blueberries
Non-dairy whipped cream

INSTRUCTIONS

- Make your chia pudding. Pour the milk in a medium saucepan. Stir in the chia, oats, vanilla, and salt (if using). Heat the mixture over medium heat, continuously stirring until it becomes a pudding-like consistency (about 2-3 minutes or so). Once pudding is formed, stir in frozen blueberries. Set aside.
- Heat a pan on medium-high. Add coconut oil and then add the bananas, stirring for 30-60 seconds.
- To the bananas add the maple syrup, vanilla, cinnamon, nutmeg, and salt. Stir well to ensure all bananas are completely covered. Reduce heat to low and continue to stir a few times over the next five minutes or so. (The bananas might start to get a little mushy and that's okay. You want them soft and creamy)
- Take your pudding and split between your bowls.
- Take your bananas and split between your bowls placing on top of the pudding.
- Mix the bananas into the pudding (Or not)
- Sprinkle walnuts over the bananas
- Top with non-dairy whipped cream, sliced strawberries and/or fresh blueberries