

# DAIRY FREE PUDDING

by Betsy Hicks

## INGREDIENTS:

- 3/4 sugar
- 1/3 cup arrowroot
- 1/4 teaspoon sea salt
- 3 egg yolks
- 1 cup coconut milk (cream)
- 2 cups cashew cream\*
- 1-1/2 teaspoons vanilla

## CHOCOLATE PUDDING:

Add 1/4 cup cocoa and increase sugar 1/2 cup

## DIRECTIONS

Combine sugar arrowroot, and salt in a heavy sauce pan. (Add cocoa if making chocolate version)

Whisk together egg yolks, coconut milk and cashew milk and add to sauce pan.

Cook over medium heat, stirring regularly until mixture thickens and boils, about 10 minutes.

Remove from heat and add vanilla.

\*To make cashew cream, blend 2 cups of raw cashews with 3 cups of water. This makes 4 cups of cashew cream.



GET CREATIVE WITH THE PUDDING  
ADDING SLICED BANANAS,  
SHREDDED COCONUT, OR FRESH  
BERRIES.

THE PUDDING IS A GREAT WAY TO  
DISGUISE SUPPLEMENTS.

MAKE WONDERFUL PIES USING A  
NON DAIRY WHIPPED TOPPING.