

# CHOCOLATE & COCONUT PUDDING CUPS

## [VEGAN & GLUTEN FREE]

**Yields: 12 cups**

**Serves: 12**

**Prep & Cooking: 20-30 mins**

**Cooling: 10 mins**

**Assembly: 5mins**

**Setting Time: 4hrs**

**Type: Dessert**

**Tools: Food processor, silicone spatula, standard muffin tin, 12 muffin casings, measuring jug, small non-stick pot, whisk, dessert spoon**

**Courtesy of: Eat2Health Blog**



*With no baking and minimal cooking, this little dessert can be enjoyed during the summer months without heating up your kitchen; it's also a cheeky indulgence for those chocolate and coconut lovers alike! This is a really simple recipe that produces a lovely (cold, yes from the fridge or freezer!) chocolate dessert with a moderate quantity of sugar and saturated fat per serving. These chocolate pudding cups are dairy and gluten free, have a light coconut taste, delicious chocolate flavour and a great combination of textures. The pudding is creamy, light and smooth; the 'raw' base isn't overly sweet and has a great texture from the combo of nuts and oat bran (not to mention a lovely dose of fibre!). Enjoy!*

## Ingredients

### 'Raw' Cacao & Coconut Pudding Base

100g	Walnut pieces
200g	Ground Almond
30g	Cacao powder
80g	Oat bran
50g	Coconut oil
1 tsp	Chocolate extract (*optional)
7 tbsp	Maple syrup

### Chocolate Pudding Filling

20g	Corn flour
3g	Arrowroot powder
60ml	Oat cream
80ml	Almond milk (unsweetened/fortified)
15g	Coconut oil
125ml	Aquafaba
2-3tbsp	Maple Syrup
1 tsp	Chocolate extract (*optional)
15g	Cacao powder

## Directions

1. Prepare the raw pudding base. Place 120g walnuts into a food processor. **Tip: If you are using whole almonds, add those too!** Blend until a meal is achieved. If using, add 200g ground almonds, then 30g cacao powder, 80g oat bran, 50g coconut oil and 1 tsp chocolate extract (if using). Process the mixture, pouring in 7 tbsp maple syrup through the pouring spout as the machine is still running. Process until combined and the mixture forms a tacky and raw dough.
2. Line a twelve-hole muffin tin with twelve paper casings. Carefully remove the blade from the food processor. Use a silicone spatula to remove any dough stuck to the sides of the container. Roughly divide the raw dough into twelve pieces. Place one piece into each muffin casing. Press the dough (evenly) down into the base and outwards to form a little cup/saucer shape (don't worry if it doesn't look perfect!). **Tip: It won't cover the entire muffin casing.** Place the muffin tin into the fridge until you are ready to fill the casings with the pudding.
3. Prepare the pudding. Place 20g corn flour, 3g arrowroot, 60ml oat cream and 40ml DF milk into a measuring jug. Using a fork, whisk together until combined and no lumps of flour are present. **Tip: This liquid will be used to thicken the pudding!**

4. Place 15g coconut oil into a medium, non-stick pot over a medium-low heat. Pour in ½ cup aquafaba and the remaining 40ml DF milk. Whisk together. When the coconut oil has melted, add 3 tbsp maple syrup and 1 tsp chocolate extract (if using). Whisk to combine.

Add 15g cacao powder. Whisk and keep whisking until it has combined with the liquid. Once the cacao is combined, keep whisking and pour in the flour and milk mixture. Keep whisking until combined and the mixture has thickened. This will take a few minutes, so be patient. **Tip:** *The liquid should never come to a boil but will get quite hot.*

5. Once thickened remove from the heat. Use a silicone spatula to wipe around the sides of the pot, bringing all the pudding back down into the base. Allow to cool for 10 mins before adding it into the muffin casings. **Tip:** *The mixture will start to set and might form a skin, so whisk the pudding periodically to prevent this from happening; otherwise your pudding might get lumps!*
6. Remove the muffin tin from the fridge. Add the pudding evenly among the casings; about 1 dessert spoon of pudding into each muffin casing. **Tip:** *Use a small spoon to help spread and push the mixture evenly into the casings.* Repeat until all of the casings have all been filled. Place the muffin tin into the fridge for about 4hrs. **Tip:** *This will allow the pudding to become cold and completely set into a thick, pudding texture.*

Enjoy cold from the fridge or straight from the freezer (well you'll have to wait 30mins first)!

**Tip:** *Refrigerate any spare puddings cups in an air tight and resealable container; consume within 5 days. Alternatively, insulate and store in an air tight and resealable container; freeze, defrost and consume within 2-4 wks (flavours may alter after this).*

## Notes:

- As recipe testing is a process, getting the right quantities of ingredients first time around sometimes just doesn't happen; initially we did not make enough 'base' for our pudding, so we had to double the batch. The recipe was amended but our pictures will show half the amount of 'raw base' in our food processor.
- If twelve puddings cups are too many, simply halve the recipe for both the base and pudding!
- If you do not fancy using maple syrup in the pudding, you could substitute it with agave, coconut sugar, unrefined golden caster sugar or some Stevia (to taste).
- If you do not have oat bran, just use some porridge oats instead. Just process the oats in a food processor until a rough flour consistency is achieved.
- The chocolate extract is optional (because it can be a bit pricey) but if you are in the market for trying it, it really amps up the overall chocolate flavour!
- If you have an allergy or prefer not to use walnuts and almonds, you can substitute them for your favourite types of nuts! If preferred, you can also process 200g of almonds instead of buying already processed ground almonds.
- For an additional texture, appeal or flavour variation, try topping yours with: toasted coconut, dried fruits, toasted and chopped hazelnuts or peanuts or a slice of raw or roasted banana!
- We used some aquafaba from white beans, but feel free to use some chickpea liquid instead!
- If you want to enjoy this dessert frozen, you'll have to freeze these lovelies overnight!
- This recipe is a little more indulgent than something we would normally make, but we are not condoning this as an everyday food item. Eating2Health means learning to moderate the frequency and

portion sizes of healthy and indulgent foods that we eat, although sometimes it's nice to have something a little rich and not too sweet to indulge in, like this chocolate dessert.