



## EASY CHOCOLATE PUDDING

By Dr. Cindy Tanzar  
(Special Occasions)

This is one of our easiest go-to's when you need a delicious, creamy dessert. This healthy recipe takes only 5 minutes but needs several hours to chill and set. It will easily become one of your favorites. While you can use a standard gelatin (such as Knox) to see if you like the recipe first, we would highly recommend using Great Lake's Gelatin (available at health food stores, like Health Nut Nutrition or on Amazon). It is derived from pasture-raised animals as opposed to being conventionally-fed. Gelatin/Collagen also improves skin tissue strength and elasticity.

Makes 3-4 servings.



### INGREDIENTS

- 1 can full-fat coconut milk (not from a carton) \*\*
- 3 Tbsp. cocoa powder
- 2 Tbsp. Swerve or erythritol
- 1-1/2 tsp. Great Lakes Gelatin



1 Tbsp. water

## INSTRUCTIONS

Place coconut milk into a medium sauce pan over medium heat and stir well to combine separated components. Add cocoa powder and Swerve, stirring well, until smooth. Do not let the mixture get too hot. Warm enough to dissolve cocoa and Swerve is fine, then remove from heat.

Place the gelatin in a very small bowl. Add water and stir quickly to dissolve. Immediately add to chocolate mixture and stir well.

Pour contents into individual ramekins or one larger bowl. Place plastic wrap (preferably BPA free) onto the top of the pudding itself (not just the bowl) to avoid skin forming on pudding.

**\*\*** Be sure to use a quality, full-fat coconut milk. The less ingredients, the better. Trader Joe's and Whole Foods have less expensive products and are actually the best. Native Forest is okay, too. Poor quality can be grainy.