

PUDDING RECIPES

These are fat & protein based
recipes that are brimming with
fairy dust and sweetened with
a little non-insulinogenic
carbs.



Chemaine's
MODEL HEALTH

Lemon Chia Pudding!

A refreshing, tart pudding that uses simplicity to lift the soul and mood. Lemon reminds me of spring flowers and warm summer mornings, you know those that have a mild beautiful breeze .

Serves 2

Ingredients;

1 teaspoon of Swerve confectioners

1 large lemon, zested and juiced

1 cup unsweetened Almond or Coconut milk

1/4 cup chia seeds

Instructions;

Blend together the sweetener, lemon zest and juice, and almond milk. Add chia seeds to mixture and mix well.

Basic vanilla bean chia pudding

Serves 4

Ingredients;

2 cups unsweetened almond milk (or coconut milk)
1/2 cup of chia seeds
2 teaspoons of vanilla bean extract
A pinch of salt

Instructions;

Place milk and chia seeds into a small bowl or jug and stir to combine. Cover and refrigerate for at least 4 hours, (I do mine overnight). Make sure you go and give it a little stir every now and again to remove any lumps and just to make sure the seeds haven't settled into a clump at the bottom of the bowl. Once your pudding is nice and thick, taste and adjust thickness as needed. Top with berries, dark chocolate, nuts, seeds, cinnamon, cacao, shredded coconut, almond butter or lemon juice and shaved rind and enjoy. *Pick 2-3 toppings.

Avocado chocolate pudding

Serves 2

Ingredients;

1 ripe avocado

1/4 cup heavy cream

1/2 c. dark chocolate /chips, melted

2 tablespoons

1.5 tbsp cacao powder

1/2 tsp vanilla

1/4tsp sea salt

Dark chocolate curls, for garnish (optional)

Instructions;

In a food processor or blender, blend all ingredients except chocolate curls until smooth. Transfer to serving glasses and refrigerate 30 minutes and up to 1 hour.

Garnish with chocolate curls if using.

Raspberry chia seed pudding

Serves 2

Ingredients;

1 cup unsweetened coconut milk
1/2 cup of organic raspberries
1/4 cup of chia seeds

Instructions;

Combine the milk and fruit in the jar of a blende. Blend until smooth and pour equally into two mason jars. Add the chia seeds. Close lid tightly, and give both jars a good shake.

Refrigerate and allow to gel for at least 3 hours, shaking again half way through. {Top this with a little grated dark chocolate for an extra treat}.

Coconut cream chia pudding

Serves 2

Ingredients;

1/4 cup Chia Seeds

1 teaspoon Vanilla extract

1 cups unsweetened Coconut Milk

1/4 cup unsweetened coconut flakes

Instructions;

Divide all ingredients equally between two containers/mason jars with lids, shake well, making sure chia is well incorporated into the liquid. Refrigerate overnight, or for 3 or so hours. Shake half way through to make sure all the seeds dont sit at the bottom of the jar.

Serve with unsweetened coconut flakes garnish.

Maple walnut chia pudding

Serves 2

Ingredients;

1 cup unsweetened Almond Milk
1 tablespoon Pure Organic Maple Syrup
1/4 cup Chia Seeds
1 tablespoon Chopped walnuts

Instructions;

Add almond milk, maple syrup, and chia seeds to two jars and stir well (or shake). Seal the jars and refrigerate overnight. In the morning, stir the pudding and if the consistency is not thick yet, place it back in the refrigerator for another hour or so. Top each pudding serving with half of the chopped walnuts and enjoy.

Spiced paleo gelatin pudding

Serves 3

Ingredients;

- 1 cup unsweetened coconut milk
- 1 Tbsp grass fed bovine gelatin (add more if consistency is too watery)
- 1 Tbsp Swerve or Lakanto sweetener
- 1/4 tsp ground ginger
- 1/8 tsp ground cardamom (use cinnamon for AIP)
- 1/8 tsp ground nutmeg (omit for AIP)

Instructions;

In a small bowl, stir together $\frac{1}{4}$ cup coconut milk and the gelatin. This ensures the gelatin dissolves without clumps. Heat the remaining coconut milk in a small saucepan. When simmering, whisk in the softened gelatin mixture. Whisk until dissolved. Place in the fridge until set, 3-4 hours. When gelatin is set, scoop it out into a food processor or blender. Add the sweetener of your choice and the spices. Pureé until creamy, about 2-3 minutes. Taste and adjust sweetener/spices, if needed. Separate into 3 serving containers and enjoy.

Gelatin chocolate pudding

Serves 4

Ingredients;

1 can coconut milk full fat

1 tbsp gelatin

1/4 cup raw cacao powder

1 Tbsp Lakanto, Monkfruit or swerve sweetener

1/2 tsp vanilla extract

1/4 tsp sea salt to taste

Instructions;

Add 1/4 cup of the coconut milk to a large mixing bowl, and then sprinkle in the 1 tbsp gelatin evenly. Let it sit without mixing. Add the remaining coconut milk to a small pot over medium heat and whisk in the cacao powder, sweetener, vanilla and sea salt.

Mix well. Remove the warmed coconut milk and slowly add to the large bowl of gelatin and coconut milk while whisking constantly. Stir until there are no clumps.

Once it has been poured into your containers, seal the top and let it sit in the fridge for about 2 hours or more. Remove from the fridge and top with coconut flakes or fresh berries

Lemon paleo pudding

Serves 4

Ingredients;

2 tsp gelatin, for setting
1/4 cup filtered water
1/4 cup lemon juice
2 tsp lemon zest, finely grated
1 tsp ginger, finely grated or minced
1/4 tsp turmeric, ground or to your taste and colour
(optional)
1 tablespoon of Swerve or Lakanto sweetener
1 can (270g) coconut milk/cream

Instructions;

Sprinkle gelatin evenly over the 1/4 cup of water, set aside to soften for 5 minutes. To a blender add, lemon juice, zest, ginger, turmeric, sweetener and pour in softened gelatin and water. (The turmeric will give colour to the pudding plus add extra health benefits.) Blend for 8 - 10 seconds until everything is blended well into the mix. *Cont on next page.

Scrape down sides and lid of the blender jug. (If you don't use a blender, warm softened gelatin and water in a saucepan until just dissolved, add remaining ingredients. Whisk vigorously until well combined.) Add coconut milk to blender, blend on half speed for a few seconds to mix but don't allow to froth up. If you find bubbles on top, knock the base of blender jug on counter top and bubbles should move. Pour into 4 glasses, ramekins or mason jars and allow to set in the fridge. Enjoy when consistency is pudding like.