

Chia Pudding w/ Fresh Berries & Bananas

Swick

Serves 3 to 4 | Active Time: 15 minutes | Total Time: 8 hours

- 1/3 cup raw cashews, soaked overnight
- 1 1/2 cups water
- 1 ripe banana
- 1 to 2 dates, pitted, or sweetener of choice
- 1 tsp vanilla extract
- 1/4 cup gluten-free oats
- 1/4 cup chia seeds
- 1/8 tsp sea salt, or to taste
- 1 1/2 cups fresh berries, fruit, or compote (see Chef's notes below for compote)

To make the puddings, using a high-speed blender — set on low to start, blend together the cashews, water, banana, dates (if using), and vanilla. Slowly increase the speed to high and blend until the mixture is nice and smooth. Taste it to see if it is sweet enough for you.

To a large bowl, add the oats, chia seeds, and salt, and then add the cashew/banana milk. Mix well to combine the ingredients. Then add the fresh fruit to the oat/chia mixture and gently fold everything together. Note: Depending on the fruit used, you may want to layer them with the pudding rather than folding them in.

Lastly, spoon the mixture into jars, cover, and let set in the refrigerator overnight — this will give the oats time to rehydrate.

To make the Apple-Pear Compote:

- 1 lb apples and/or pears, peeled and diced
- 2 tbsp golden raisins, if desired
- 1 to 2 tsp sugar
- pinch of ground cinnamon, clove, and allspice (or to taste)
- 2 tsp water
- 1 tsp fresh lemon juice

Place everything into a pot and bring to a boil. Reduce the heat to low, cover the pot and cook for 15 minutes or so, or until the fruit is cooked to your liking. If there is a bit too much liquid, let the mixture simmer for a few more minutes with the lid off. Taste for seasoning, adding more spices and/or sugar as desired.

The fresh berry recipe was originally inspired by the oh-so-talented Susan Powers from Rawmazing.