

Raw Key Lime Pudding Parfait



Key Lime Pudding Layer:

- 1/4 cup (or more) lime juice
- 1 tsp zest of lime
- 2 ripe avocados
- 1 banana
- 1/8 cup maple syrup or honey
- 1/2 tsp vanilla
- 1/8 cup melted coconut oil (optional, I like it because it give the pudding a nice body)

Throw all of the ingredients into your blender and puree on high for 1 to 2 minutes, until well combined. You may need to stop your machine and scrape down the sides of the container to ensure everything is incorporated evenly. Pour into a bowl and chill in the fridge for about an hour to thicken. Serve the same day, chilled, to avoid oxidation.

Chia Seed Custard:

1/4 cup chia seeds
1 cup coconut milk
1 to 2 tablespoon maple syrup or honey

Mix chia seeds, coconut milk, and honey/maple syrup together in a small bowl or glass mason jar. Let it set in refrigerator for a couple of hours.

PARFAIT:

Once both the Pudding and the Custard are set, divide the Avocado Pudding into 4 parfait glasses, saving a bit to top off each glass. Add a layer of Chia Seed Custard. Top each glass off with a dollop of the Avocado Pudding. Then add a sprinkle of sliced bananas or berries of your choice.