

David's Non-dairy Pudding

- 1/2 Cup of erythritol natural sugar replacement (available at Amazon)
or, 1/3 cup of table sugar
- 1 Can of coconut milk or coconut cream
- 1 Banana (sliced into 1/2 in. thick chips)*
- 1 1/4 oz. package of plain gelatin
- 1 Teaspoon of flavoring of your choice (I have used vanilla, banana and coconut. For chocolate, I use 1/3 cup of cocoa powder.)

Place the coconut milk or cream in a blender.

Prepare the gelatin by putting 1/2 cup of unheated water in a container and whisk in to it the envelope of gelatin. Heat another 1/2 cup of water to boiling or near boiling temperature. Add the hot water to the cool water containing the gelatin. Mix well.

Add all of the other ingredients to the coconut milk in the blender. Add the gelatin last. Blend the mixture thoroughly and pour into a bowl and cover with a lid of plastic wrap. Place the bowl in the refrigerator until the pudding is firm. When you're ready to serve the pudding, use a whisk or egg beaters to re-blend the pudding.

* 1/3 cup of cashew butter can be used instead of the banana.

You can use this recipe to make chocolate popsicles. Use coconut cream and cashew butter, sugar replacement or sugar and cocoa powder. Blend well and pour into popsicle molds. Place into your freezer until frozen.