



This recipe is a delicious non-dairy, fiber-packed version of the classic layered dessert. It is quick to make, and super tasty. It can easily be adapted to use any type of chocolate, or one can use dairy milk or half and half for a richer dessert. This white chocolate banana bean pudding is fab on its own, but it is best served chilled among layers of cookies and whipped cream.

Yield: # of portions and portion size – 6-8 - ½ cup servings

Timing: Prep Time = 25 minutes

Total Time = 1 hour

Ingredients

- 15 oz. can cannellini beans, drained
- 2 ripe bananas, sliced, divided
- 1 Tbsp. vanilla extract
- 13.5 oz. can coconut milk
- 5 oz. dairy-free white chocolate chips or melting wafers
- 2 tsp. coconut oil
- Whipped cream and cookie wafers for serving, as desired



Method of Preparation (Instructions)

Place beans, slices from 1 banana (reserving the other banana for serving), vanilla extract and coconut milk in a food processor. Blend until smooth and creamy.

Next, place the white chocolate chips and coconut oil in a microwave safe bowl.

Heat in microwave, stirring every 20 seconds, until just melted, using a whisk to stir in between.

Add the melted chocolate to the food processor, and pulse until well-combined.

Transfer to a tight lidded container and store in refrigerator.

To serve, layer the remaining banana slices in between pudding layers in a pretty glass dish and top with whipped cream and your favorite wafer-style cookies.

Utensils/Equipment Needed: Colander, food processor, microwave, whisk, pretty glass bowl, knife