

Raw Vegan Key Lime Pudding

Ingredients

Serves 4

- 1 teaspoon finely grated lemon zest
- 1/2 cup (120ml) fresh lemon juice
- 1 teaspoon finely grated lime zest
- 1/2 cup (120ml) fresh lime juice
- 1/3 cup (80ml) pure maple syrup, plus more to taste
- 2 ripe avocados, pitted and peeled (no bruising or discoloration)
- 2 cups (285g) chopped bananas (2 medium bananas)
- Pinch of Celtic sea salt

Directions:

- Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds, until well combined. Tweak sweetener to taste.
- Divide the pudding among four serving glasses, and chill in the fridge for about 3 hours to thicken. Serve the same day, chilled, to avoid oxidation.
- Note: This pudding works best with ripe avocados that don't have any brown discolorations. Over-ripe or bruised avocados detract from the flavor.

Taken from: The Blender Girl