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## **Ruby's Raw Banana Cream Pudding**

By Ruby Lathon, PhD

### **Ingredients:**

#### Crust:

- 1/2 cup raw walnuts
- 1 medjool date
- 2 tablespoons golden flax seeds (grounded into meal)

#### Cream:

- 1.5 cups raw cashews (soaked for 2 to 24 hours and drained)
- 1/2 teaspoon raw coconut nectar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 2 large bananas

#### Filling:

- 1/2-3/4 cup blueberries
- 2 bananas, sliced
- 4 strawberries, quartered
- 1/8 cup unsweetened shredded coconut

### **Preparation:**

1. Put all crust ingredients in a food processor and pulse until all ingredients are well incorporated and mixture is moist. Set crust mixture aside.
2. Put all cream ingredients into a blender and blend until mixture is smooth like cream, add a dash or two of water if needed, but not more. Mixture should be thick. It will thicken a bit more once refrigerated.
3. In six small (6-7 ounce) bowls (or use single glass dish, approximately 1 quart) scoop 1-2 tablespoons of crust mixture into bowl and firmly press down, molding mixture into the bottom of the pan.
4. Begin layering, starting with 1 layer of cream, then sliced bananas completely cover cream, and sprinkle with blueberries; repeat the layers starting with the cream.
5. Add a final large dollop of cream and sprinkle with coconut; garnish with strawberries.
6. Let refrigerate for at least 1 hour until completely chilled. Serve cold.

Note: cream will turn a slightly tan color due to the bananas – this is to be expected.

