

COCONUT CHOCOLATE pudding

1 fresh Young Thai Coconut

½ cup raw Macadamia Nuts

1 Tbsp ground Chia Seeds

½ Tbsp ground Flax Seeds

1 Tbsp Hemp Seeds

½ tsp Vanilla Bean Powder

½ tsp Maca

Honey to taste

Water of fresh coconut as needed

BLEND till smooth

1 heaping tsp raw Cacao Powder

1 Tbsp raw Carob

BLEND

Optional :

Empty 1 or 2 capsules of Probiotics into mixture and Blend

