

Frozen banana chocolate pudding

Ingredients per person

1 medium banana (ripe)

1 heaped tablespoon cocoa powder

(e.g. Green & Blacks)

1 – 3 tablespoons of canned coconut milk (e.g. Biona)

Real chocolate flakes, banana slices or other fruit to decorate



A quick, easy & healthy chocolate pudding,



Method

1. Chop the banana into 'slices and place them in the freezer the day before required
2. Take the sliced bananas out of the freezer
3. Whizz them through the food processor until they are 'crunchy peanut butter' consistency.
4. Add cocoa powder and enough coconut milk to get a blancmange-like consistency
5. Whizz until smooth. Add a little more coconut milk if required
6. Serve immediately whilst still cold



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