

# Peanut Butter Pudding with Berrylicious Swirl

BENBELLA  
vegan

Serves 3

This idea came to me one day after school. I wanted to give the girls a treat, but something nutritious—and quick! This pudding came together in a flash, and their eyes sure lit up!

## Ingredients

### Peanut Butter Pudding:

3/4 cup pitted dates  
1/3 cup unsalted peanut butter or other nut butter (see notes)  
1 tablespoon white chia seeds  
1/8 teaspoon sea salt  
3/4 cup plus 1 tablespoon nondairy milk  
1 1/2 teaspoons pure vanilla extract  
2–4 teaspoons pure maple syrup for extra sweetening (optional)

### Berrylicious Swirl:

1 cup fresh or frozen strawberries or raspberries (see note)  
2–3 tablespoons pure maple syrup or agave nectar  
Pinch sea salt

## Steps

1. To make the peanut butter pudding: In a blender, puree the dates, peanut butter, chia seeds, sea salt, milk, and vanilla extract until smooth (if using a high-speed blender, this will be quick; with a standard blender, you may need to scrape down the sides of the blender a few times). If you'd like additional sweetener, add the maple syrup, a teaspoon or two at a time, to taste.
2. To make the berrylicious swirl: Using a blender or immersion blender, puree the berries, maple syrup, and sea salt until semi-smooth. If using frozen berries, it will take a little longer.
3. To assemble: Dollop the berry mixture on the peanut-butter pudding, or “swirl” it through.
4. Peanut Butter Note: Peanut butters often have salt added, even the natural varieties. Check the ingredients—if it does, reduce or omit salt.
5. Nut Butter Note: If substituting a nut butter like almond, try adding a touch of orange zest. It pairs beautifully with almond butter!
6. Berries Note: If using seasonal fresh berries, they may be sweeter than frozen. Puree with just 1 tablespoon of maple syrup, and add extra to taste. With frozen berries, I usually use 2 tablespoons syrup.



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