



Southern-style Vegan Banana Pudding

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



578 kcal

DESSERT

Ingredients

- ☐ 2 T agave syrup
- ☐ 5 bananas very ripe
- ☐ 1 box enjoy life snickerdoodle cookies
- ☐ 0.3 C enjoy life perky's crunchy rice cereal for garnish
- ☐ 1 T oil (Sunflower, Canola or other oil)
- ☐ 2 C rice milk
- ☐ 1 pinch salt
- ☐ 0.3 C tapioca flour

☐ 1 t vanilla extract gluten-free

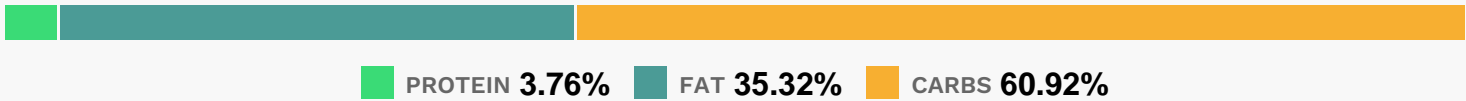
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ stove

Directions

- ☐ Peel and mash four of the bananas.
- ☐ Add the vanilla to this and set aside.Slice the remaining banana into small disks and set aside.Slice each of the snickerdoodle cookies in half so you have two small circles for each cookie. Set aside.In a stainless steel saucepan, measure out the tapioca. Slowly whisk in the rice milk so that no lumps form.
- ☐ Add the salt and oil.Turn the heat on the stove and heat up the tapioca and rice milk mixture, whisking as it starts to get hot. When it comes to a boil, it will form a thick paste – make sure you whisk during this part of the cooking or you will get big lumps.Once it has come to a boil, whisk for 30 seconds and remove from heat. Immediately stir in the mashed bananas and the agave syrup until just incorporated into the tapioca – do not overstir.While the mixture is cooling, start assembling the pudding. In either six small ice cream dishes or a small-sized casserole, place the Snickerdoodle cookies and banana slices (see notes below).Refrigerate until cool. The pudding will not set hard, but will be soft and creamy. This should be made the same day it is served, but it will hold up for several days in a covered container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:48.27, Inflammation Score:-5, Nutrition Score:11.603043474581%

Flavonoids

Catechin: 6mg, Catechin: 6mg, Catechin: 6mg, Catechin: 6mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg,

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Nutrients (% of daily need)

Calories: 578.23kcal (28.91%), Fat: 23.02g (35.42%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 89.35g (29.78%), Net Carbohydrates: 85.78g (31.19%), Sugar: 36.8g (40.89%), Cholesterol: 0mg (0%), Sodium: 312.04mg (13.57%), Alcohol: 0.24g (100%), Alcohol %: 0.11% (100%), Protein: 5.51g (11.03%), Manganese: 0.63mg (31.44%), Folate: 90.85µg (22.71%), Vitamin B6: 0.45mg (22.58%), Vitamin B1: 0.32mg (21.3%), Vitamin B2: 0.34mg (19.85%), Vitamin B3: 3.37mg (16.87%), Iron: 2.93mg (16.29%), Vitamin E: 2.41mg (16.06%), Fiber: 3.57g (14.27%), Vitamin C: 9.99mg (12.11%), Potassium: 422.47mg (12.07%), Vitamin K: 11.99µg (11.42%), Magnesium: 37.54mg (9.39%), Selenium: 5.97µg (8.53%), Copper: 0.15mg (7.41%), Phosphorus: 73.56mg (7.36%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.67mg (4.49%), Vitamin A: 148.27IU (2.97%), Calcium: 26.98mg (2.7%), Vitamin B12: 0.06µg (1.05%)