



 **33%**  
HEALTH SCORE

## Vegan Dirty Chai Pudding

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**424 kcal**

DESSERT

### Ingredients

- 6 servings pudding
- 4 large avocado ripe
- 0.5 cup agave nectar
- 0.7 cup cocoa powder unsweetened
- 6 tbsp vanilla almond milk
- 2 tsp vanilla
- 2 pinches sea salt
- 1 tsp espresso grounds fine

- 1 tsp suya seasoning mix
- 6 servings suya seasoning mix (mix together)
- 2 tsp cinnamon
- 2 tsp cardamom
- 1 tsp ginger
- 0.5 tsp nutmeg

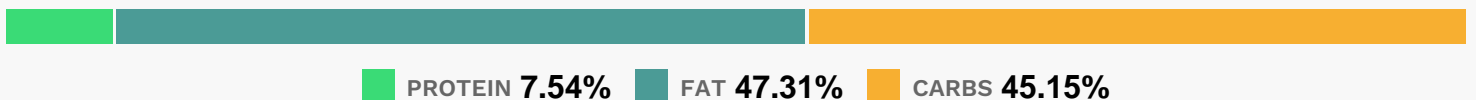
## Equipment

- food processor
- bowl
- blender
- plastic wrap
- ramekin

## Directions

- Scoop the avocado into a food processor or blender. Measure in the agave nectar, cocoa powder, almond milk, vanilla and sea salt. Pulse and blend until silky smooth, scraping down sides as needed.
- Scrape into a large bowl and stir in the espresso grounds and chai spice mix. Taste and adjust espresso and chai flavoring as desired.
- Scoop into smaller ramekins, cover with plastic wrap and refrigerate for 30 minutes or overnight to set.
- Notes
- \* Agave Nectar can be substituted with maple syrup. If you do this, you may need to decrease the amount of almond milk you use to keep the pudding thick.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:20.958260869565%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 19.27mg, Epicatechin: 19.27mg, Epicatechin: 19.27mg, Epicatechin: 19.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Taste

Sweetness: 100%, Saltiness: 1.33%, Sourness: 0.03%, Bitterness: 0.39%, Savoriness: 0.01%, Fattiness: 85.04%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 424.44kcal (21.22%), Fat: 24.22g (37.27%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 36.21g (13.17%), Sugar: 28.49g (31.65%), Cholesterol: 0mg (0%), Sodium: 167.95mg (7.3%), Alcohol: 0.48g (2.68%), Caffeine: 22.33mg (7.44%), Protein: 8.68g (17.36%), Fiber: 15.81g (63.24%), Manganese: 1mg (49.82%), Vitamin K: 44.1µg (42%), Copper: 0.64mg (31.96%), Folate: 121.64µg (30.41%), Vitamin B2: 0.5mg (29.59%), Potassium: 834.34mg (23.84%), Calcium: 237.45mg (23.74%), Magnesium: 94.47mg (23.62%), Vitamin E: 3.32mg (22.11%), Vitamin B6: 0.42mg (21.08%), Vitamin C: 16.75mg (20.31%), Vitamin B5: 1.91mg (19.07%), Iron: 2.93mg (16.27%), Phosphorus: 145.04mg (14.5%), Vitamin B3: 2.79mg (13.95%), Zinc: 1.63mg (10.88%), Vitamin B1: 0.13mg (8.35%), Vitamin D: 0.94µg (6.25%), Vitamin A: 229.37IU (4.59%), Selenium: 2.33µg (3.33%), Vitamin B12: 0.19µg (3.13%)