

## LEMON CHEESECAKE CHIA PUDDING

Makes 8

### For the base

- 400ml (1¾ cups) filtered water
- 1 lemon verbena tea bag
- 300g (1⅓ cups) pitted dates
- 200g (1½ cups) Brazil nuts, roughly chopped

### For the filling

- 150g (1 cup) cashews, soaked in filtered water for 3–4 hours
- 400ml tin coconut milk
- ½ vanilla pod, seeds scraped out
- Finely grated zest and juice 2 large lemons
- 12 pitted dates
- 300ml (1¼ cups) filtered water
- 125g (¾ cup) chia seeds

### For the decoration

- Toasted coconut flakes or dried rose petals

**1** To make the base, place the water into a saucepan and add the lemon verbena tea bag. Bring to the boil, then remove the tea bag and add the dates. Reduce the heat to medium and allow the dates to soften in the tea. Using a wooden spoon, begin to stir and break down the dates until a paste is formed. Add the chopped Brazil nuts and stir to combine. Press it into the base of 8 individual glasses or serving dishes.

**2** To make the filling place all the ingredients, except the chia seeds and rose petals, into a blender or food processor and blend on high for at least 2 minutes or until a smooth liquid has formed and all the cashews and dates have been puréed. Pour into a large mixing bowl and add the chia seeds. Use a whisk to make sure all the chia seeds have been evenly distributed into the liquid.

**3** Pour the liquid mixture over the cheesecake base, then place in the refrigerator to chill and set. This will take an hour or you can leave it overnight. Decorate with rose petals or coconut flakes and serve.

### Per 100g

Calories: 372, Carbohydrates: 30.0g, Sugars: 25.0g, Fat: 24.0g, Saturates: 8.5g, Protein: 7.9g, Salt: 0.02g

Recipe from: *The Yoga Kitchen* by Kimberly Parsons (Quadrille, £20) Photography ©Lisa Cohen. Kimberly lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine. [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

# LEMON HEAVEN

Picture perfect pudding