

Healthy Chocolate Pudding

Ingredients:

- 1 can coconut milk
- 3 heaping TB cocoa
- 1 TB erythritol, xylitol, coconut sugar or other sweetener.

Mix all ingredients in a large bowl until the lumps disappear. As the lumps disappear, the pudding will become thicker and thicker.

You can enjoy immediately, or put in the fridge to set for 30 minutes for further thickness. Another option is to put in the freezer and enjoy as a frozen dessert.

Makes 10 servings