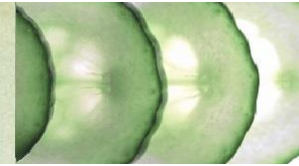


# Sara Galipeau

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## **Lime Matcha Mint Chip Pudding**



*This pudding has a lot going on: rich, tangy, cool, and creamy; satisfying as a dessert but healthy enough for breakfast or post-workout. It owes its deep green colour to high-chlorophyll, nutrient-dense superfoods including matcha, barley grass, and chlorella, as well as the avocado that serves as its base. With the high content of B vitamins, theanine, tryptophan, magnesium, and healthy fats in this bowl, it's also great for busting stress and anxiety and improving mood.*

### **Ingredients:**

- 1 ripe avocado, peeled and pitted
- Juice of 1 lime
- 1/2 cup plain almond milk\*
- 1-2 tsp. pure maple syrup, to taste
- 1/4 tsp. organic peppermint flavour or 2 sprigs fresh mint leaves (may affect texture)\*
- 1 tsp. organic matcha tea powder
- 1/2 tsp. organic barley/wheatgrass powder
- Pinch (or approx. 1/8 tsp.) chlorella powder, optional
- Pinch sea salt, optional
- 2 Tbsp. organic raw cacao nibs or dairy-free mini chocolate chips
- Vegan organic chocolate-covered hazelnuts, optional for garnish

### **Directions:**

Combine all ingredients (except cacao nibs and chocolate-covered hazelnuts) in a food processor or blender, or mash together thoroughly with a fork.

Spoon pudding into 2 dessert bowls and sprinkle 1 Tbsp. cacao nibs/chocolate chips and a few hazelnuts on top of each. Serve immediately, or chill covered for a couple of hours (may affect colour).

\*OR: replace almond milk and peppermint flavour/leaves with chilled peppermint tea.