

# Moose Pudding

1  $\frac{1}{2}$  cup hot cooked millet or  
brown rice  
1  $\frac{1}{4}$  cup hot water  
1 banana  
1 Tbs tahini or nut butter  
 $\frac{1}{2}$  cup dates  
3 Tbs carob powder  
 $\frac{1}{4}$  tsp sea salt



Pour hot water in bowl with the dates to soften them. Blend all ingredients in blender or food processor until VERY smooth. Cool and serve.

Everyone that tries this recipe loves it. It reminds me of the chocolate pudding I grew up eating only this option is much more nutritious and healthy for you. ENJOY!