



Vegan Mexican Hot Chocolate Pudding Recipe



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Servings: 6 servings of 3 oz

Contains: Spices, Natural Sugar

Nutrition Facts

Serving size: 3 oz

Servings: 6

Amount per serving	
Calories	229
	% Daily Value*
Total Fat 19.7g	25%
Saturated Fat 17.3g	86%
Cholesterol 0mg	0%
Sodium 91mg	4%
Total Carbohydrate 15.5g	6%
Dietary Fiber 3.9g	14%
Total Sugars 3g	
Protein 2.8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	11%
Potassium 286mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.



Ingredients

- 2 cups of coconut milk (or other nut milk)
- 5 tablespoons unsweetened cocoa powder
- 6 tablespoons coconut sugar
- 1 tablespoon cinnamon
- Pinch of cayenne (to taste to desired spice level)
- 1 teaspoon vanilla extract
- 1/4 teaspoon fine sea salt
- 5 tablespoons organic cornstarch or tapioca flour (starch)

Instructions

- 1.) Off heat, whisk all ingredients together until smooth make sure all lumps are out, before turning on heat. Especially, the tapioca flour (or cornstarch).
- 2.) Turn the heat on to medium and whisk the mixture constantly for 6-8 minutes. It will take a couple minutes to thicken. After the 6 or 7 minute mark, it will thicken quickly after. Take off heat. When slightly cool, put in a glass container.
- 3.) Place in refrigerator for the pudding to set. It will take 45 minutes to an hour (longer better). Once set, serve with dark chocolate chips and a pinch of cinnamon.