

# BANANA CHIA SEED PUDDING WITH THUNDERBIRD CRUMBLE

Servings 6-8 | Prep Time 15 Minutes | Total Time 45 Minutes

## INGREDIENTS

Crumble:

3 Cashew Fig & Carrot Thunderbird Bars

6-7 Pitter Dates

1/8 c Chia Seeds

Pudding:

2 c Oat Milk

2 Ripe Bananas

1/3 c Chia Seeds

2 tbsp Maple Syrup

1 tsp Vanilla Extract

*The Off-Beat Lifestyle*

## DIRECTIONS

CREATE

ENRICH

EMPOWER

In a large bowl mash, bananas, maple syrup, vanilla extract and oat milk. Pulse batter into a food processor until consistency is smooth. Pour batter back into bowl. Whisk chia seeds in. Allow to stand for 30-50 minutes in refrigerator (consistency will become thicker well sitting.)

In a food processor add 3 Thunderbird bars, chia seeds and dates. Pulse until it becomes a sticky consistency. Using your favorite jars/cups, add a generous layer of Thunderbird Crumble to the bottom followed by banana pudding.

Top pudding with blueberries, raspberries, coconut shreds, Thunderbird crumble and a tad bit of honey (optional.)

Store pudding for up to 5 days in refrigerator in an airtight container. Or Enjoy after making!