

# Raw Banana Pudding

4-5 bananas

4-5 medjool dates pitted

2 T. peanut butter or almond butter

2 T. cacao, cocoa, or carob powder

Dash of real, sea, or Himalayan salt

Mix all the ingredients in a blender. Blend on high until smooth. Put into individual containers, cover and refrigerate until chilled. Makes about 2 ¼ cups. Serves about 4. A deliciously sweet, cool treat, full of potassium, fiber, protein, enzymes and more. Enjoy!

Recipe by Kelly Pomeroy