

Pudding Powerhouse



We are all looking for that guilt-free sweet treat. Look no further. Not only do you get your chocolate fix, you get a serving of fruit as well!

Serves 1

Total Time 5 min

Ingredients

1 tbsp raw cocoa powder ([Search online or natural food store, I like Big Tree Farms](#))
1 packet fruit baby food
([pick your favorite, mine is Pumpkin Tree's Raspberry, Banana, Blueberry mix](#))

Directions

1. Empty baby food packet into a small glass dish
2. Dump 1 tbsp of raw cocoa powder into the dish and mix well
3. If you like it cold, put in the freezer for about ten minutes...I can never wait that long!

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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