

Coconut-Persimmon Pudding

This recipe is fun and easy to make, kids love it and adults feel too guilty eating something so yummy... And your friends not aware of the magic of raw foods may even think it is one of their very special unhealthy desserts coz it tastes so awesome! It only takes a few steps to prepare the fruits, the coconut pudding and cacao fudge separately and put them all together as shown in the picture....



And it goes like this:

First prepare the **caramelized fruits**. Cut **4 persimmons** (or your favorite fruit) into small squares, mix them with **yacon syrup** and dehydrate for 50 minutes at 115 F, or place them under the sun for 3 hours. (If there are bugs around you may want to cover the fruits - yes, they like sweets too!) They should be ready by the time you finish with the next two preparations.

For the **cacao fudge** just melt **1/4 cup of raw coconut oil** by placing it in the dehydrator or under the sun and mix it with **1/4 cup of first cold pressed organic olive oil**, **1/3 cup of raw agave nectar**, **a pinch of sea salt**, **1.5 cup of raw cacao powder**. Mix all the ingredients until you get a homogenous mass (some raw cacao powders have different moisture content so if your fudge looks too thick just add in a little bit more olive oil, if it is too soft just add in more cacao powder).



The **coconut pudding** may take a little more work if you don't know how to crack a young Thai coconut, but you can find plenty of videos. Blend **two fresh coconuts** (the "meat" of both coconuts and 1/2 of their water all together) and add **1/4 vanilla bean** or 1/2 teaspoon of **vanilla extract** and **1/2 cup of raw agave nectar** and **2 tablespoons of raw organic coconut oil**.

Once you have done these three steps just feel free to play with them, you can combine all of them in many different ways. The pudding served in a glass cup, as shown in the picture, placing the coconut pudding first and the fruits and cacao fudge after is just one of them. And remember, it is all about the good vibes that you have that will help you to create amazing dishes and desserts in no time. Keep it fun and keep it bright!

Recipe by Chef Perkunas



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