

## Flax Pudding

- 6 Tbsp. Flaxseeds
- 2 cups milk or soymilk or rice milk
- 3 Tbsp. ground hazelnuts, almonds, or pistachio nuts
- 1 large banana mashed
- 2 Tbsp. of honey (optional)
- 3 apples peeled, cored, and grated
- Juice of one orange

Pulse the flaxseeds in a coffee grinder for a few seconds.

Bring milk to a boil using a double boiler to prevent burning.

Stir in ground flaxseeds with a whisk to prevent lumps (add all of the ground flaxseeds at once).

Boil for 30 seconds, remove from heat and pour into a bowl. Let cool. It will have the consistency of pudding.

Mix banana, ground nuts, honey and orange juice into the flax pudding mixture.

Gently mix in grated apple and spoon into parfait dishes layered alternately with fresh fruit.

Top with a strawberry.