Anti-Craving Espresso Pudding

Date : 06-10-2020

Ingredients

- 1 1/2 cups almond milk
- 2 tbs almond flour
- 1 tbs chia seeds
- 1 tbs hemp hearts
- 1 tbs flaxmeal
- 1/2 tbs cinnamon
- 1/2 tbs monkfruit sweetener
- 1/3 tbs instant coffee

Method

1. Place all your ingredients into a small saucepan over medium heat
2. Cook, stirring continuously until the pudding thickens to your desired consistency

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3. Remove from heat and enjoy!

Ohhh is this Anti-Craving Espresso Pudding going to change the game for you! It's like the one-two punch for sugar cravings. It's flavorful, and just sweet enough, but without any refined sugar.

BUT that doesn't even begin to cover it. This Anti-Craving Espresso Pudding also happens to be a nutritional powerhouse. It contains two of my favorite things: fiber and Omega-3. The high fiber content will definitely fill you up quickly, but it'll also do wonders for your gut, and help regulate your blood sugar. The Omega-3, on the other hand, reduces inflammation, boosts cell regeneration, and is essentially good for nearly every part of your body, from your brain to your skin.

The little bit of coffee in this Anti-Craving Espresso Pudding serves a purpose too! We all know that sugar cravings usually tend to peak around mid afternoon. A dip in blood sugar causes part of that, but so does the sluggishness that results from it. When you're tired, the first thing your body looks for is easy energy i.e. processed sugar, refined carbs etc.

The coffee helps give you the slightest little energy boost to prevent that craving for easy energy, while the fiber fills you up and, along with the cinnamon, help regulate your blood sugar, plus you'll get a solid dose of Omega-3, all in one delicious little treat. In case you need any more convincing, all it takes to whip up some of this is 1 saucepan, 1 step, and about 5 minutes-can't go wrong!

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