

# Glimpse into green pudding

Happy Hump Day! You have made it to Wednesday; the weekend is on its way! This, of course, has no relevance to me, as I have been too unwell to work since November, but I know a lot of you will be celebrating that you are over halfway!!

With my body at the level of health that it is, I need to eat regularly. Even if I am not hungry or being active, if I do not eat every 2-3 hours, I plummet quickly, and it takes me quite some time to recover. So I have learnt to eat, whether I am feeling physical hunger or not. So this means, a lot of snacks!! I love coming up with new things for my morning and afternoon teas! I have been loving the ease and chocolatey goodness of my choc nut smoothies this week, but today I was in the mood for a change!

I have seen a few blog posts of people eating their chunky green smoothies rather than blending them further into a drink, and I thought I would work on that idea today!



These ingredients are what I chose to use today:

1/4 of a small pineapple, cored and chopped

2 kiwi fruits

Juice of 1 lime

Small bunch of fresh mint leaves

1/2 small cucumber, chopped

1 celery stick, chopped

2 big handfuls of fresh spinach leaves

3 tablespoons of chia seeds


1/3 – 3/4 cup coconut water (normal water is fine too!)

1. Put all the ingredients, except the chia seeds and coconut water, into a mixer/blender.

2. Add a small amount of the coconut water before beginning to blend.

3. Blend.

4. Gradually add the coconut water so that you get a creamy, thick consistency. Keep the liquid amount to a minimum, so that it does not get too runny.

 5. Place in the fridge for at least 15 minutes so that it thickens and cools.

6. Eat your green pudding with a spoon! Enjoy!



This made up 4 serves, which means snacks are sorted for tomorrow too!

\*Though these types of snacks are best as fresh as possible, as the nutrients deteriorate with time after blending. So share your healthy goodies with your friends and family!

I enjoyed my first bowl, so went for seconds! This time around, I added some raspberry puree, which I often have made up in the fridge to go with my breakfast, which you can find the recipe for [here](#). It was an extremely tart combination!! If you do not have fructose malabsorption, I would imagine that you would enjoy a few spoonfuls of pureed mango on top! I will continue to play with this recipe, and post more ideas that are fructose friendly soon.

**Enjoy your healthy, zesty snack!!**