Breakfast, Indian

Creamy No-Cook Coconut Oat Pudding

A smooth chilled pudding made by blending oats with coconut milk, peanut butter, vanilla essence and maple syrup. It needs a full day in the fridge to set, so plan ahead before serving.



Vegetarian

1445 min	355	19.7 g	4.7 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1/2 cup quick cooking oats
- [ ] 1 1/4 cups coconut milk (nariyal ka doodh)
- [ ] 1 1/2 tbsp peanut butter
- [ ] maple syrup
- [ ] 1/2 tsp vanilla essence
- [ ] 1 tbsp almond (badam) slivers

Method

- [ ] **1** Add the quick cooking oats, coconut milk, peanut butter, vanilla essence and maple syrup to a mixer and blend until smooth.
- [ ] **2** Pour the blended mixture into a deep bowl, cover with a lid and refrigerate for 24 hours to set.
- [ ] **3** Scatter the almond slivers over the pudding and serve.

Nutrition Facts

Per serving

Calories	**355**
Total fat	29 g
Saturated fat	Not listed
Sodium	141 mg
Total carbs	19.7 g
Fiber	2 g
Total sugars	4.7 g
Protein	3.2 g

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