

Almond Pudding (Lectin Free)

Joy Barnes

November 3, 2022

Blanch  $\frac{3}{4}$  cups Almonds

Place your raw almond into boiling water for exactly one minute

Do not boil longer than 60 seconds.

Drain the almonds immediately in a colander and rinse with cold water to cool them.

**Remove the skins** (or it's not lectin free)<sup>1</sup>

Put in blender

ADD:

**2 cups** Water

**1 cup** Pitted Dates

**1 tsp** Almond Extract

$\frac{1}{8}$  **tsp** Salt

**2 TBS** Arrowroot

Blend for 3 minutes.

Pour into saucepan and bring to boil, stirring constantly.

Cook until thick

Cool.

May add sliced bananas.

Yield: 3 cups

---

<sup>1</sup> Also maintains a white color.