

Double Chocolate Magic Pudding

Dairy-Free and Honey-Sweetened

After I was diagnosed with gluten and dairy intolerance, tears would smart at my eyes while I looked longingly at the recipes in my favorite cookbooks that I would never again be able to taste. Mostly, I resented the lack of freedom. But, just as with anything, things change. Now, nearly four years hence, I've come to embrace this new identity and revel in new flavors and textures. I now have the freedom to experiment with ingredients I would never have considered previously. Plus, having my own dietary restrictions has increased my empathy for others facing similar situations. And, the most exciting part is that I've discovered new ways of making old favorites that not only taste better than their original counterparts, but also support me in my journey to optimal health and wellness.

Okay, so, pudding is not exactly "health food," but for those special occasions when you want a little treat, this really hits the spot.

The first time I served this pudding at an event I was catering, it was received with oohs and awes and lots of "Oh. My. Go-ods."

There is a secret ingredient that made all the difference...

I held my hands over the bubbling pot and imagined love flowing from my heart, through my hands, and into the pot. And then, à la *Chocolat* (The novel by Joanne Harris made into a movie with Johnny Depp), I said an incantation that all who ate the pudding would be filled with love.

Serves 6

¾ cup + 2 Tbsp. unsweetened cocoa powder
2 Tbsp. arrowroot
¼ tsp. artisanal salt, such as French grey or Himalayan pink
1 13.5 oz. can full-fat coconut milk (I use Natural Value)
1/3 cup brewed strong coffee
2/3 cup water
1/3 cup mild honey, such as clover
½ cup semi-sweet chocolate chips
2 tsp. vanilla

In a medium pot, whisk the cocoa powder, arrowroot, and salt. Slowly whisk in the coconut milk, coffee, and water until full combined. Stir in the honey.

Heat the chocolate mixture on medium heat, stirring frequently, until a gentle boil is reached, approximately 15-20 minutes. While whisking, imagine love flowing from your heart and into the pot. As you stir, say (and mean it):

*With this food we dine
Greater love thus does shine,
As I work this magic spell
Into deeper love we dwell,
I invoke the Law of Love
Calling greater light from above*

(Incantation from *The Mystic Cookbook: The Secret Alchemy of Food*, p. 49)

Once a gentle boil is reached, whisk constantly until the pudding begins to thicken, about a minute. It should be approximately the consistency of pancake batter. Remove from the heat and whisk in the chocolate chips and vanilla.

Divide evenly among six small dessert dishes. Chill until set, at least 3 hours. Top with fresh raspberries or strawberries. Enjoy!