

Fresh Blueberry Coconut Pudding

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A Seat at My Table](#)



What an abundance of wild blueberries we harvested this year! When it's hot outside and I want a quick, creamy pairing for these juicy berries, I love this coconut pudding. I adapted this recipe from [Texanerin Baking](#) but lightened it up just a bit. It's still creamy and decadent!

20 minutes

Prep time: 10 Minutes Cook time: 10 minutes

For four servings, you will need:

1 1/2 cups full-fat canned coconut milk (shake the can well before opening, and include any lumps of coconut fat when measuring)

1 cup cashew or almond milk

7 tablespoons (1/4 cup + 3 Tbsps) raw sugar

1/4 tsp of salt

7 tablespoons cornstarch

1 teaspoon vanilla extract

1/2 tablespoon coconut oil

2 cups fresh wild blueberries

Optional garnishes: sliced toasted almonds, unsweetened large-flake toasted coconut, lemon or lime basil, pansies

Process:

1. In a medium saucepan over medium/low heat, stir together the coconut milk, sugar and salt. Stir occasionally until the sugar is dissolved.

2. While the coconut milk mixture is heating, mix the 1 cup of nut milk with the cornstarch in a small bowl until well combined. Don't worry if it's lumpy at first, just keep stirring and it will combine and dissolve.

3. Once the sugar and salt have dissolved, remove the saucepan from the heat and stir in the cornstarch mixture *while whisking constantly*. Make certain no cornstarch remains in the bowl. Once this is well blended with the coconut milk mixture, put the saucepan back on the stove

and turn the heat to medium. Cook until it just starts to boil and reaches pudding consistency, again whisking constantly. This is NOT the time to check your phone... keep whisking! This should take anywhere from 30-60 seconds. Watch it carefully, and once it's thickened, do not allow it to continue cooking as this can cause the cornstarch to break down and make the pudding runny.

4. Remove from the heat and stir in the vanilla and coconut oil.

5. Allow to cool slightly, then cover with parchment paper or plastic wrap, making certain the covering touches the entire surface of the pudding all the way around. This will prevent a skin from forming. Let cool until room temperature and then refrigerate. Will keep for 48 hours (but trust me, it won't last that long! Garnish just before serving. Enjoy!

Nutrition Facts	
Servings:	4
Per Serving	% Daily Value*
Calories 393	
Total Fat 23.7g	30%
Saturated Fat 20.5g	103%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 94mg	4%
Potassium 292mg	6%
Total Carb 48.2g	16%
Dietary Fiber 5.1g	18%
Sugars 29.2g	
Protein 2.1g	
Vitamin A 6% · Vitamin C 6%	
Calcium 11% · Iron 11%	
*Based on a 2,000 calorie diet	
Recipe analyzed by verywell	

Nutrition information is for each half cup serving of pudding with a half cup of fresh wild blueberries, without any other garnishes.

When you make this, let me know how it turned out. Be sure to take a photo and tag me [#chefcatherinebrown](#). I love seeing what you make!