

## Psyllium Pudding

from Eating without Heating by Sergei and Valya Boutenko

This dish is very elegant. We like to make it because people are impressed with how it looks and tastes.

Put clear cups on a tray. Slice fruit of your choice and put at bottom of cups.

### **Blend Well –**

**2 cups water**

**1 teaspoon sea salt**

**1/2 cup honey or dates (remember that you're adding enough sweetness for the full blender)**

**2 Tablespoons vanilla extract**

**1 cup almonds**

**1/2 lemon with peel**



The liquid will be thin. Add 8 to 9 teaspoons of psyllium powder while blender is running. Quickly pour into cups over the fruit. You can make as many layers of psyllium and fruit as you like. The pudding will solidify in a matter of minutes.

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