

Mango Pudding

In a small measuring cup or bowl whisk together to create a slurry and set aside:

- 2 tablespoons coconut milk or water
- 4 teaspoons arrowroot
- 1/4 teaspoon sea salt
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon cardamom

Mix together and heat in a saucepan over medium heat, stirring often, until it just reaches a simmer:

- 1 1/2 cups mango puree*
- 6 ounces coconut milk (full fat) or plain coconut milk yogurt
- 2 tablespoons agave nectar (more or less to your taste)

Lower the burner heat to low and slowly stream the slurry into the mango mixture whisking it to combine. Continue to whisk gently until the pudding begins to thicken, about 2 or 3 minutes. Remove from the heat and pour into individual ramekins. Refrigerate until cold. Serve topped with crushed pistachios.

*Mango puree: I used Trader Joe's frozen mango puree. According to their gluten-free list all their frozen fruits and vegetables are gluten-free. The package does not state gluten-free so please use your own judgment. Alternatively you can use fresh mango—probably two—peeled, diced, and pureed in a blender with a tablespoon or two of water. Frozen mango is another option; process the same as you would fresh mango to create the puree.