Chia Seed Kheer Pudding

Recipe by Edible Garden Chef Shobha Swamy

Ingredients

¼ cup chia seeds
2-3 cups unsweetened plant milk, divided
2 very ripe bananas
4-6 pitted Medjool dates
¼ tsp edible rose essence or rose water
Rose petals, to garnish
Almonds, chopped, to garnish

Method

Soak chia seeds overnight in 1 cup plant milk of your choice. In a blender, combine very ripe bananas, dates and the rest of your plant milk until smooth. In a medium bowl, add the chia seed mixture and date-sweetened plant milk, and mix well. Stir in edible rose essence. Add more plant milk to reach your desired pudding consistency, if needed. Store in the refrigerator for up to a week. Serve with chopped almonds or nuts of choice and rose petals