

Apple Pudding

2 cups grated apple
drizzle of fresh lemon juice
2 Tbs. raw honey or agave
Meat of two young Thai coconuts
1/4 cup coconut water
2 inches of vanilla bean (or 1 Tbs. vanilla extract)
4 fresh medjool dates (pitted)
1 ripe banana
cinnamon or nutmeg

Place the grated apples in a serving bowl and drizzle with the lemon and honey. Toss to coat. Blend remaining ingredients in a food processor or [Vita-Mix](#) until smooth and pour over apples, mixing well. Dust with cinnamon and garnish with a few chopped nuts.

Serves 2