

Vegan Mango Coconut Panna Cotta Pudding



- 2 cups organic coconut milk (exactly one 14 ounce can)
 - 1 cup mango puree (4 2-ounce packs of Square One organic mango puree)
 - 1/2 cup coconut palm sugar
 - 1 heaped Tbsp agar flakes
 - 1/4 tsp coconut essence (optional)
 - Fresh mango pieces and toasted coconut flakes for serving.
1. Place all ingredients except the agar flakes in your blender and puree until smooth and creamy.
 2. Place this mixture in a saucepan and stir in the agar flakes. Allow to stand for 15 minutes allowing the flakes to begin dissolving.
 3. Gently bring the mixture to a simmer stirring constantly, and heat for about 5 minutes until agar is completely dissolved.
 4. If your agar doesn't dissolve, push the mixture through a strainer and remove the last bit of clumped agar.
 5. You can put a little bit of the mixture with the clumped agar in the blender to smooth out and mix into the rest of the mixture.
 6. Lightly grease 6 small pots (or you can use lightly oiled muffin holes) and distribute the mixture evenly amongst them.
 7. Chill in the fridge for about an hour to set.
 8. Top with toasted coconut and fresh mango pieces and serve. YUMMO!
SCRUMMO!

This recipe was created by [The Blender Girl](#). All of her recipes are gluten free, and many are dairy free, egg free, nut free and soy free. To sample more of her delicious allergy free recipes head to [Healthy Blender Recipes](#).

