

# Chocolate Banana Cream Pudding

The goodness of chocolate without added sugar.

## Cooking Information:

Serves: 2

Total Time: 5 minutes



## Ingredients:

- \* 4 small frozen bananas, cut into rounds
- \* 4 ounces full-fat coconut milk
- \* 2 tablespoons cacao powder
- \* Strawberries or blueberries for serving

## Magnesium per ingredient\*

**109.2 mg**

**51.6 mg**

**52.4 mg**

## Directions:

1. Blend the bananas, coconut milk, and cacao powder in a food processor until smooth.
2. Serve with sliced strawberries or blueberries.

**One serving of this recipe contains approximately 106.6 mg of magnesium\* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**