

Coconut Carrot Cream Soda Zevia Pudding Recipe

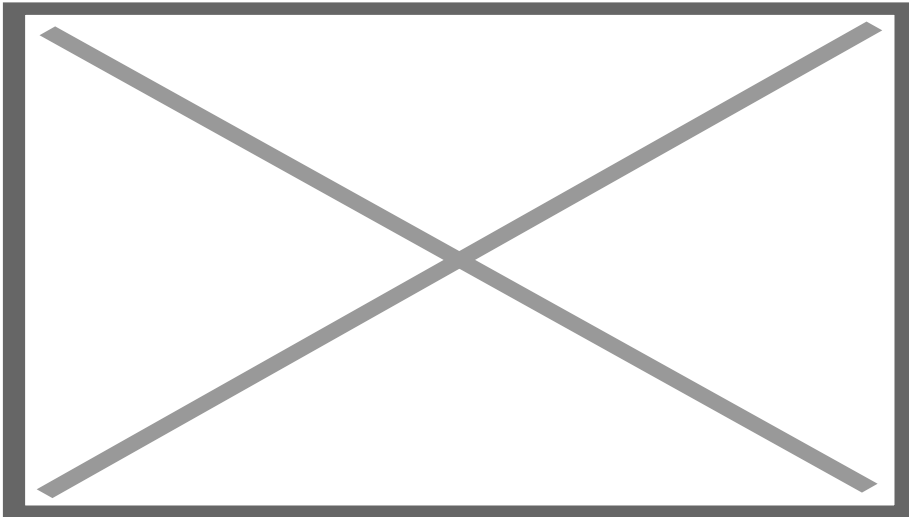
Description

Are you looking to add something new, exciting, and different to your list of healthy treats? With the help of my favorite (and only one I drink) soda brand, [Zevia](#), I have just the recipe for you. If you think making pudding with soda sounds impossible, prepare to be amazed.

Maybe *amazed* is a bit extreme, but either way, this pudding is delicious (confirmed by Avery), and healthy enough to eat for breakfast.



Iâ€™m proud (and lucky) to team with Zevia to help spread the word about their #ClearlyDifferent campaign to let the world know they are now Non-GMO Project Verified and color-free. Thatâ€™s on top of being zero calorie, sugar-free, and having no artificial anything! I [wrote a post about this a few months ago](#) if youâ€™d like to read more.



Want to give up your beloved sugar-laden soda in place of healthy alternative like Zevia but fear having withdrawals from a certain flavor? Never fear, [Zevia has 15 flavors](#) all rocking the healthy specs mentioned above. Seriously, making the healthy switch should be no problem. Here, let Avery help you out!.



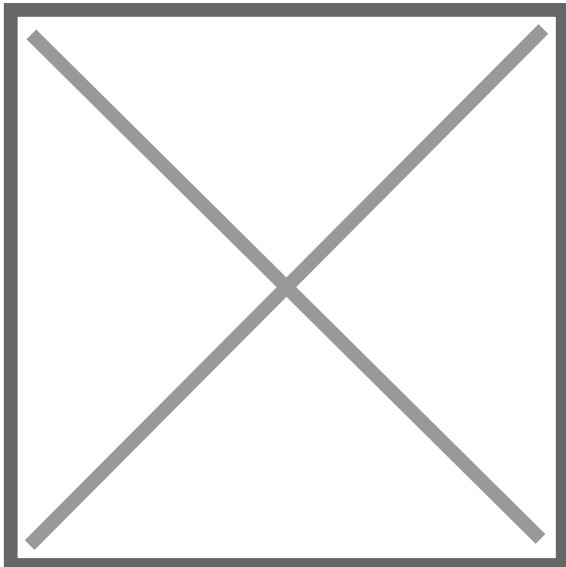
If you're still confused, she can help again. Just follow her lead and put it to your lips to take a drink. The following burst of healthy deliciousness will take care of the rest. Since her [first taste](#) of [#TheNewSweet of Zevia](#), she's all smiles every time I bust one out.



But hold on just a minute. Technically, you donâ€™t have to *drink* Zevia, they have [plenty of recipes](#) to prove it. And today, Iâ€™m adding one more to the mix. Itâ€™s one I have never seen anywhere else and am totally happy with how it turned out. I used Cream Soda Zevia to create a creamy vanilla pudding with a healthy dose of carrots and coconut.

You might think itâ€™s difficult to make, but on the contrary; the only hard part is waiting for it to chill. Which, trust me, really is hard!

Coconut Carrot Cream Soda Zevia Pudding



by RC Liley

Prep Time: 10 min

Ingredients (Approx. 32 Ounces)

- 1 ½ cups steamed carrots (about a 1 lb bag of baby carrots)
- ¼ cup cold water
- 1.5 Tbsp. Great Lakes Grass-Fed Gelatin
- 1 Can Zevia Cream Soda
- ¼ cup shredded unsweetened coconut
- 2 tsp pure vanilla extract
- 1 tablespoon cinnamon
- Dash of sea salt
- Optional: 5 – 10 drops pure liquid vanilla stevia for extra vanilla sweetness

Instructions

1. With carrots still hot from being steamed, add all ingredients to blender or food processor and blend until carrots are pureed
2. Dissolve gelatin in the cold water
3. With blender/processor running on low, pour in the gelatin and turn up the speed to completely mix it in.
4. Pour into heatproof container and chill in fridge at least 6 hours, preferable overnight.
5. The pudding should be solid, like jello, after sitting. You can eat it like this or use electric or hand beaters to whip it into more of a pudding consistency.
6. Top with extra cinnamon and enjoy your healthy, dairy-free, egg-free, and delicious vanilla pudding!

*Alternatively, you could use a 15 oz can of pumpkin puree, just make sure to heat it before putting in blender so the gelatin will bind once added.

Powered by [Recipage](#)

Now, go grab a six-pack or two (or three or four) of Zevia and try this recipe along with several others. Don't forget to simply drink and enjoy too. While you're savoring your soda, share a pic of you enjoying Zevia, share it by tagging them on Facebook, Twitter, or Instagram with hashtag #ClearlyDifferent. If they share your pic, they'll, as they say, *thank you with a soda high 5!*

Please let me know how it turns out if you try the recipe, and remember to share it with your little ones. Also, make sure you have extra Zevia to drink while cooking!



Note Avery's bottle with the #ClearlyDifferent soda that's free of color!

Date Created
2015/09/22