



RECIPE | MELONS

CHOCOLATE PUDDING MELON BOWLS



15 min
PREP.



2



easy

45 min

N/A
COOKING

INGREDIENTS

- 1 Pure Flavor® Solara® Melon
- 2 bananas
- 1 cup coconut milk
- ¼ cup chia seeds
- 2 tbsp goji berries
- 1 tbsp unsweetened cocoa powder



DIRECTIONS

- 1 Cut the melon in half and scoop out the seeds. Using a melon baller or spoon, scoop out the flesh, dice the melon, and set the melon bowls aside.
- 2 In a blender, add bananas, cocoa powder, and coconut milk, then blend until smooth. Transfer the mixture to a bowl and stir in the chia seeds. Refrigerate for 30 minutes.
- 3 Divide the pudding into the melon bowls and add goji berries, diced melons, and chia seeds. Garnish as desired.

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