

Oatmeal Pudding

Creamy vegan oatmeal pudding recipe that's gluten-free, healthy, and perfect for breakfast or dessert. Ready in just 8 minutes!

5 min

PREP

3 min

COOK

8 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 tbsp oat
- 1 cup almond milk
- 2 tsp cinnamon
- 1 banana
- 2 tsp cocoa powder
- 1 cup almond
- 2 sprig mint

Instructions

- 1 Prepare the Base**

Combine 4 tablespoons rolled oats and 1 cup plant-based milk in a medium saucepan.
- 2** Heat the mixture over medium-low heat, stirring continuously to prevent sticking.
- 3** Cook for 3-4 minutes, stirring constantly, until the mixture thickens to a creamy, custard-like consistency that coats the back of a spoon.
- 4 Add Flavorings**

Remove the saucepan from heat and immediately stir in 2 teaspoons cinnamon and 2 teaspoons cacao powder until evenly distributed.
- 5** Mash 1 ripe banana in a small bowl until mostly smooth with just a few small lumps remaining.
- 6** Fold the mashed banana into the warm oat mixture, stirring gently until completely combined.

7 **Serve**

Divide the pudding between 2 serving bowls and let cool for 2-3 minutes to reach serving temperature.

8 Garnish each bowl with fresh mint sprigs and serve immediately while still warm.

Tips

Use rolled oats rather than instant oats for the best texture and consistency in your pudding.

Stir frequently while cooking to prevent the oats from sticking to the bottom of the pan and to ensure even cooking.

Mash the banana well before adding to ensure it distributes evenly throughout the pudding without large chunks.

Add the sweetener and spices after cooking to prevent them from becoming bitter or losing their flavor.

Let the pudding rest for 2-3 minutes after cooking to allow it to thicken naturally before serving.

For extra creaminess, substitute half the milk with coconut cream or add a tablespoon of nut butter.

Toast the almonds lightly before chopping for enhanced flavor and crunch as a topping.

Make double batches and store portions in the refrigerator for quick breakfast options throughout the week.