

## The Proof is in the Pudding!

Try out the healthy pudding recipe below for a yummy, guilt-free treat.

### Ingredients:

- 1 ½ cups canned unsweetened coconut cream
- ½ cup unsweetened cacao powder
- 6 tbsp pure maple syrup
- 2 tsp pure vanilla extract
- Pinch of sea salt

### Instructions:

1. In a small sauce pan over low heat, whisk together the coconut cream, cacao, and maple syrup until smooth.
2. Continue to cook and stir over low/med heat for about 2 minutes, or until the mixture just begins to come to a boil with small bubbles.
3. Remove from heat and stir in salt and vanilla.
4. Allow the pudding to cool. Pour mixture into bowl, cover, and place in refrigerator to chill overnight. Consider stirring after the pudding has been chilling for a couple of hours.
5. Top with whipped cream & ENJOY!



# JANUARY MUMFORD

A choice of milk and a Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <b>WELCOME BACK!</b>	7 Quesadillas or Crisпитos Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit Cup	8 Chicken & Dumplings with Hot Roll or Cheese Stick w/ Marinara Steamed Baby Carrots Seasoned Mixed Vegetables Fluffy Fruit Salad	9 Country Bowl or Country Bucket Hot Roll Steamed Vegetables Fruit Cup	10 Specialty Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
13 Chicken Spaghetti with Breadsticks or Choice of Pizza Steamed Broccoli Glazed Carrots Fruit Cup	14 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	15 Choice of Soup and Sandwich Baked Chips Lettuce, Tomatoes, & Pickles Fruit	16 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	17 Chili Dog or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
20 Monterey Chicken Garlic Toast or Choice of Pizza Steamed Vegetables Sauteed Vegetables Fruit Dessert	21 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Orange Smiles	22 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Steamed Baby Carrots Fruit Salad	23 Meatloaf or Chicken Strips with Hot Roll Mashed Potatoes Green Beans Mixed Fruit Cup	24 BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
27 Spaghetti with Meat Sauce and Garlic Toast or Specialty Pizza Seasoned Corn Side Salad Fruit Cup	28 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	29 Breakfast for Lunch! Confetti Pancakes with Sausage or Bagel Bites Breakfast Potatoes Tropical Trio Slush Berries & Cream	30 Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Orange Smiles	31 <b>ENJOY YOUR DAY OFF!</b>

## BREAKFAST

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of 1/6 &amp; 1/20</b>	Pancake Wrap	Eggs w/ Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
<b>Week of 1/13 &amp; 1/27</b>	Pig in a Blanket	Eggs & Bacon w/ Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

\*<https://www.paleorunningmomma.com/easy-paleo-vegan-chocolate-pudding/>