

Tiramisu-ish Breakfast Puddings

By [Ashley Alexander](#)



This wholesome and delicious breakfast recipe feels indulgent but is actually full of nutrients. It's packed with rolled oats, flaxseeds, and creamy Greek yoghurt, all sweetened naturally with Medjool dates. Plus, there's a kick of espresso to start your morning.

SERVES 4 | **TOTAL TIME** 15 minutes (plus setting time)

INGREDIENTS

Puddings

- 2 cups milk of your choice
- 60ml (4 tablespoons) strong fresh espresso
- 2 cups rolled oats
- 4 tablespoons flaxseeds (or chia seeds)
- 2 tablespoons hemp seeds (optional)
- 1 teaspoon vanilla extract
- 4 large Medjool dates, pitted

For topping

- 2 cups (500g) thick unsweetened Greek yoghurt (or vanilla yoghurt for a sweeter option)
- About 2 tablespoons dark cocoa powder for dusting

METHOD

1. Add the milk, espresso, oats, flaxseeds, hemp seeds, vanilla extract, and pitted Medjool dates to a high-speed blender (I've used a Vitamix).
2. Blend on high speed until smooth. If using a Vitamix, select variable 1, start the machine, and slowly increase to the highest speed. Blend for 45 seconds until smooth.
3. Scoop the blended mixture out and divide evenly between 4 glasses or small containers.
4. Top each serving with the Greek yoghurt and dust generously with cocoa powder.
5. Place the glasses or containers into the fridge and let them set for a few hours or overnight.

NOTES

I've used a Vitamix, so I have noted those specific settings in the recipe. If you are using a different blender or food processor, simply blend on high speed until smooth.

If you prefer a sweeter pudding, you can use vanilla-flavoured yoghurt or add a bit of honey, maple syrup, or additional dates to the blend.

To make this recipe completely dairy-free and vegan, use plant-based milk and yoghurt.

Any milk can be used in this recipe, including almond milk, soy milk, oat milk, or regular dairy milk. Each will slightly alter the flavour. I've liked soy, almond or oat best for this recipe.

For a caffeine-free version, you can use decaffeinated espresso or a coffee substitute like chicory root.

You don't have to make individual puddings; this can also be set in one large container. Just use a container that is wider rather than deeper to maintain a similar, even height for the layers.

While the puddings need to set for at least a few hours, they are best when left overnight. This allows the flavours to meld and the texture to thicken properly.

These puddings can be stored in the fridge for up to 4 days, making them a great option for meal prep.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/tiramisu-ish-breakfast-puddings>

Let me know if you make the recipe! x **@gatherandfeast**