

Chocolate Avocado Pudding

Prep Time: 10 minutes

Total Time: 40 minutes

Serving: 4

Ingredients:

2 large ripe avocados, peeled & cut into cubes
1/3 – 1/2 cups unsweetened cocoa powder
1/4 cup maple syrup, honey, agave or brown sugar
1/3 cup almond milk
2 teaspoons vanilla
Pinch sea salt
Raspberries, sliced almonds & mint for garnish (optional)

How to make it:

Step 1

Blend all ingredients in a blender or food processor until smooth.

Step 2

Refrigerator and chill for about 30

Step 3

Garnish with raspberries, almonds and mint, if desired.

Tips & Recipe Variations:

- Use soy, rice, or the milk of your choice to make the pudding
- You can eat pudding right after blending, but the best flavor is after you chill it!
- Leaving the salt out lowers the sodium to 12 mg

Nutrition Information: Calories 251, Fat 21 g, Cholesterol 0 mg, Sodium 51 mg, Carbohydrate 19 g, Fiber 10 g, Protein 4 g