



CHOCOLATE AVOCADO PUDDING

This simple pudding is a healthy and delicious treat that combines two nutritional power foods. The combination is a decadent dessert that is rich in antioxidants, minerals, fiber and essential fats that support your brain, your body and your bones..

INGREDIENTS

- 3 ripe avocados
- 6 tablespoons of cacao powder
- 1/4 - 1/2 cup of raw honey
- 1/2 cup of organic coconut cream
- 1 teaspoon pure organic vanilla extract
- Sea salt to taste
- Nuts, seeds, coconut flakes or fresh fruit to garnish

SERVINGS

Yields: 6

Prep time: 10 minutes

Total time: 10 minutes

DIRECTIONS

1. Cut open and remove the pits from the avocados
2. Add all the Ingredients to a blender or food processor
3. Blend starting on low and then moving to high speed until smooth
5. Adjust honey to taste
6. Serve immediately, or refrigerate and serve cold. I prefer the pudding chilled