

RECIPE

Chocolate Avocado Pudding



Nutrition

Serving: 1 serving | Calories: 230kcal |
Carbohydrates: 27g | Protein: 3g | Fat: 15g |
Fiber: 8g | Sugar: 15g

Ingredients

- ¼ cup chocolate chips or 1 oz dark chocolate
- 2 avocados, peeled and pit removed
- ½ cup coconut milk
- ⅓ cup unsweetened cocoa powder
- ¼ cup pure maple syrup
- 1 tsp vanilla extract
- Pinch sea salt

Instructions

1. Melt the chocolate in the microwave or over a double boiler on the stovetop.
2. Place all ingredients in a blender or food processor and puree until well combined and creamy, about 2-3 minutes. Stop once or twice to scrape down the sides as needed.
3. Divide into 5 serving dishes and add a scoop of coconut whipped cream as a topping or transfer to an airtight container and chill in the fridge until ready to serve.

Tips

You can also add this into a gluten, free graham cracker crust and make it into a pie.