

Recipe Card

Chocolate Avocado Pudding

Ingredients:

1½ ripe avocados, peeled and flesh removed from pit
1/3 cup cocoa powder (unsweetened)
1/3 cup pure maple syrup or honey
¼ cup coconut milk (or other non-dairy milk)
2 tsp. vanilla



Directions:

Place all ingredients in blender or food processor, blend until smooth. Serve immediately.
Serves 2.

Nutrition Information: 468 kcals, 57g carbohydrates, 14g fiber, 6g protein, 24g fat, 5g saturated fat, 0mg cholesterol, 25mg sodium

Recipe from www.californiaavocado.com