



Creamy Avocado Chocolate Pudding

Makes 6 Servings

Ingredients

- 3/4 cup cocoa powder
- 1/2 cup honey or agave nectar
- 4 avocados
- 1-1/2 cups light coconut milk
- 1 teaspoon vanilla extract
- 2 Tablespoons dark chocolate shavings
- 6 mint sprigs

Directions

Add the cocoa powder, honey, avocado, coconut milk and vanilla to a high speed blender or food processor and blend until smooth. Refrigerate to chill.

To serve: scoop 6 oz. of the chocolate pudding into a parfait cup. Top the pudding with 1 tsp. of shaved dark chocolate and garnish with 1 sprig of mint



Nutrition Facts

6 oz. pudding:

Calories 319

Protein 4g

Total Fat 19g

Saturated Fat 9g

Carbs 41g

Dietary Fiber 11g

Cholesterol 0mg

Sodium 36 mg