

## Chocolate Avocado Pudding Recipe

So easy, so delicious and so healthy! It's packed with potent anti-oxidants from pure cocoa. It's loaded with heart-healthy unsaturated fats from avocado. And sweetened with pure maple syrup. Most people will never guess it's made with avocado.

Recipe adapted from Greta Podleski's Yum & Yummer: Rediculously tasty recipes that'll blow your mind but not your diet! Publisher: One Spoon Media Inc/Granet Publishing Inc, Kitchener, ON (2017)

### Ingredients:

2 large ripened avocados, halved and pitted  
6 tbsp/90ml pure unsweetened cocoa powder  
5 tbsp/75ml real maple syrup (do not substitute other sweeteners)  
¼ cup/60ml milk (can use cow's or almond; skim milk works very well)  
Pinch of finely ground sea salt

### Method:

1. Scoop out the avocado flesh. Place into a food processor. Add all other ingredients. Mix for a few minutes until really smooth.
2. Chill in fridge for a couple of hours.
3. Serve with sliced fresh strawberries, bananas or raspberries.
4. Add a few dark chocolate (>70% cocoa) shavings if serving as a dessert for others.