

Chocolate Avocado Pudding

3 SERVINGS 10 MINUTES



INGREDIENTS

2 Avocado
1/2 cup Pitted Dates (chopped, soaked and drained)
2 tbsps Maple Syrup
1/2 cup Plain Coconut Milk (from the carton)
1/3 cup Cocoa Powder

DIRECTIONS

- 01 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 02 Add the cocoa powder and blend again until combined.
- 03 Serve chilled. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	353	Carbs	45g
Fat	22g	Protein	5g