

Chocolate Avocado Pudding

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: ½ cup

Ingredients	Quantity	Measure
Dairy-free chocolate chips, semi-sweet	1	cup
Avocados, peeled, pitted	8 ¾	cups (7 each)
Agave nectar	1	cup
Cocoa powder, unsweetened	1	cup
Powdered sugar	¼	cup
Vanilla extract	2	Tablespoons
Salt	½	teaspoon
Almond milk, unsweetened	¼	cup
Fresh fruit for garnish (raspberries, strawberries, etc.)		

Preparation

1. Place chocolate chips in a double boiler, until chocolate is melted and completely smooth. Set aside.
2. Put remaining ingredients into a food processor and add melted chocolate.
3. Blend until smooth, scraping the sides as needed.
4. Cover and place in cooler to set up overnight.
5. Pipe ½ cup of pudding into cups and garnish with fresh fruit.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 583 Total Fat: 29g Saturated Fat: 9g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 13g Total Sugars: 60g Protein: 6g Sodium: 163mg
Vitamin A: 12µg Vitamin C: 23mg Calcium: 47mg Iron: 2.3mg Folate: 116µg

