
CHOCOLATE AVOCADO PUDDING

Ingredients

2 ripe avocados
1 cup almond milk
1/3 cup unsweetened cocoa powder
1/3 cup honey
2 teaspoons vanilla
1/4 teaspoon cinnamon
1/4 teaspoon salt
Berries, for garnish

Directions

1. Cut avocados in half, remove the seed and scoop the avocado into blender.
2. To the blender, add almond milk, cocoa powder, honey, vanilla, cinnamon and salt. Mix on high for about 1 minute or until smooth and creamy.
3. Transfer pudding to glasses or ramekins and chill in the fridge for 3 hours.
4. Top with berries, or other garnish and serve immediately.

Recipe from Like Mother, Like Daughter

Nutrition facts calculated by USDA Supertracker.

Nutrition Facts

Serving Size: 1/4th of recipe

Servings per Recipe: 4

Amount per serving:

Calories 150 Calories from Fat 100

Total Fat 11g

Saturated Fat 2g

Trans Fat 0g

Sodium 55 mg

Total Carbohydrates 13g

Dietary Fiber 7g

Protein 3g

Prep time: 3 hours 10 minutes

Cooking time: none

