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.

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

Recipe from Like Mother, Like Daughter
Nutrition facts calculated by USDA Supertracker.