

# CHOCOLATE AVOCADO PUDDING

## **Ingredients:**

- 2 avocados
  - 1 Tbsp pure vanilla extract
  - 2 Tbsp maple syrup
  - 4 – 6 medjool dates (soaked overnight or in warm water for 20 – 30 minutes)(medjool dates have no honey or sugar added)
  - 2 Tbsp of pure raw cocoa powder (I like dark chocolate so I doubled the cocoa after tasting)
  - 1 – 2 Tbsp almond or seed-based butter (eg; sesame or sunflower)
  - 1 banana – ripe
  - 1 tsp cinnamon
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- Combine in blender and mix on high until smooth. Divide pudding into cups, top with cocoa nibs, cocoa powder or shredded coconut and enjoy!
  - we found it great with fresh fruit