



# RECIPES

## Chocolate Avocado Pudding

### INGREDIENTS:

- 2 ripe avocados
- 2 tablespoons coconut oil
- 1/3 cup agave or maple syrup
- 3 dates soaked in warm water for 15 minutes and chopped
- 1/2 cup cacao powder
- 2 teaspoons vanilla extract
- 1/2 to 1 cup non-dairy milk, such as almond milk

#### Optional topping options:

- Chopped nuts
- Sea salt
- Sliced strawberries
- Raspberries
- Fresh mint leaves
- Shredded coconut

### INSTRUCTIONS:

1. Add ingredients to a blender or food processor in this order: oil, dates, honey, vanilla, half your non-dairy milk, avocados, cocoa powder.
2. Blend until smooth, about 2-3 minutes. Add additional non-dairy milk until the pudding is the consistency you want. A little on the thin side is best since it will thicken after chilling in the refrigerator.
3. Spoon into ramekins or bowls, cover and chill.
4. Top with your favorite fruits, nuts, or other yumminess, and enjoy!

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Adapted from: [www.barbarakarafokas.com/healthy-recipes/chocolate-avocado-pudding-vegan-raw](http://www.barbarakarafokas.com/healthy-recipes/chocolate-avocado-pudding-vegan-raw)

