



RECIPES

Dark Chocolate Pudding with Avocado

INGREDIENTS:

- 1 cup unsweetened almond milk
- 2 ripe avocados, peeled and pitted
- 1/3 cup plus 1 tablespoon unsweetened cocoa powder
- 1/2 cup plus 2 tablespoons pure maple syrup
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 1/4 teaspoon ground cinnamon
- Pinch of sea salt

- Raspberries, for garnish

INSTRUCTIONS:

1. Put the almond milk, avocados, cocoa, maple syrup, vanilla extract, cinnamon, and salt into your blender and puree on high for 30 to 60 seconds, until smooth and creamy. You may need to stop and scrape down the sides with a spatula.
2. Transfer the pudding to glasses, ramekins, or jars and chill in the fridge for at least 3 hours.
3. To serve, top each pudding with fresh raspberries.

Note-the pudding works best with ripe avocados that don't have any brown discolorations. The pudding is best the day it's made, as the avocados will oxidize and the flavors will change over time.

Makes 4 servings

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