Chocolate Avocado Pudding

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Ingredients	Quantity	Measure
Dairy-free chocolate chips, semi-sweet	1	cup
Avocados, peeled, pitted	7	each
Agave nectar	1	cup
Cocoa powder, unsweetened	1	cup
Powdered sugar	¼	cup
Vanilla extract	2	tablespoons
Salt	½	teaspoon
Almond milk, unsweetened	¼	cup
Fresh fruit for garnish (raspberries, strawberries, etc.)		

Preparation

1. Place chocolate chips in a double boiler, until chocolate is melted and completely smooth. Set aside.
2. Put remaining ingredients into a food processor and add melted chocolate.
3. Blend until smooth, scraping the sides as needed.
4. Cover and place in cooler, preferably to set up overnight.
5. Pipe and serve cold.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 583 Total Fat: 29g Saturated Fat: 9g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 13g Total Sugars: 60g Protein: 6g Sodium: 163mg
Vitamin A: 12μg Vitamin C: 23mg Calcium: 47mg Iron: 2.3mg Folate: 116μg