

Chocolate Avocado Pudding

5 ingredients · 10 minutes · 3 servings



Directions

1. Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
2. Add the cocoa powder and blend again until combined.
3. Serve chilled. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1/2 cup of pudding.

More Flavor

Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings

Fresh berries or toasted coconut.

Dates

Medjool dates were used to create this recipe.

No Coconut Milk

Use another non-dairy or dairy milk instead.

No Food Processor

Use a blender instead.

Ingredients

2 Avocado

1/2 cup Pitted Dates (chopped, soaked and drained)

2 tbsps Maple Syrup

1/2 cup Plain Coconut Milk (from the carton)

1/3 cup Cocoa Powder

Nutrition

Amount per serving

Calories	353	Vitamin C	13mg
Fat	22g	Calcium	127mg
Saturated	4g	Iron	2mg
Carbs	45g	Vitamin D	17IU
Fiber	14g	Vitamin B6	0.4mg
Sugar	26g	Folate	116µg
Protein	5g	Vitamin B12	0.5µg
Cholesterol	0mg	Magnesium	100mg
Sodium	19mg	Zinc	2mg
Potassium	991mg	Selenium	3µg
Vitamin A	281IU		