



Chocolate Avocado Pudding

This luscious creamy chocolate pudding is not only delicious but wonderfully good for you and is made with all high-nutrition natural ingredients. Raw cacao is one of the greatest of the super foods and is easily found in most health food stores or major grocery stores. The avocado is completely undetectable in the finished pudding and is what makes the pudding so rich and creamy. It is loaded with heart healthy natural fats and rich in nutrients.

Ingredients:

- 1 ripe Avocado
- ¼ cup Cacao powder
- ¼ cup Maple Syrup, or Honey or Agave
- 6 tablespoons Almond milk
- 1 teaspoon Vanilla
- dash of Cinnamon

Instructions:

- Put all of the ingredients in a blender and blend.
- **NOTE:** I started with a quarter of a cup of almond milk but had to add 2 more tablespoons (making it 6 tablespoons) so that it would blend steadily. Slowly add more milk if you need so that the blender will blend. The key is to have it as thick as possible by adding as little liquid as you can but just enough so that it blends and gives you a creamy finished pudding.

Enjoy!