

Healthy Chocolate Pudding - to good to be true!



Serves 2

Ingredients:

1 large or 2 small Avocado
2 tablespoons of sweetening ** -
Honey, Agave nectar or pure Maple syrup
2 tablespoons of cocoa powder or Cacao (raw cocoa powder)
vanilla essence - 1 teaspoon
pinch of sea salt (up to half teaspoon)
a little water
optional - lecithin granules

Method:

Skin avocado and cut into pieces. Drop into blender with a little water - 1/4 to 1/2 cup along with the sweetening.
Blend to smooth consistency then add all the other ingredients and blend again.

Bob's your uncle!

Things to note - lecithin is a supplement that helps with fat metabolism in the liver, very useful for those who have high cholesterol or want to prevent that condition.

You can add more cocoa than stated and more sweetener if you find it necessary, especially if you

don't like avocado.

May have to make double quantity if you have a large blender!

** If I have them, I like to use a handful of dates softened in a little hot water and allowed to cool. Add them to the mixture rather than one of the other sweeteners.

Another Chocolate Pudding Recipe!

1 ½ cups avocado

1/3 cup pitted dates

¼ cup water

3 T cocoa powder, or raw cacao powder

1 tsp real coffee (or mint or orange) flavor- optional

1 tsp vanilla

Pinch salt

For garnish: fresh berries, toasted walnuts, sliced almonds, toasted coconut, or fresh mint leaves

- Place everything in a blender and blend until smooth, light, and creamy
- Taste, adjust flavours if necessary