

CHOCOLATE AVOCADO PUDDING

Type: Dessert, Snack

Difficulty: Easy

Allergens: Tree Nuts, Soy

Diet: Gluten-Free

Prep Time: 20 minutes

Yield: 6 servings

Source: Amy Kelley

Ingredients:

- 4 very ripe avocados
- 1/4 cup milk of choice
- 1 1/2 cup unsweetened cocoa powder
- 3/4 cup of natural liquid sweetener (honey or maple syrup)
- 1 tsp vanilla extract
- 1/4 tsp sea salt

Note: Silken tofu can also be used in place of the avocados.



Instructions:

1. Cut avocado in half. Remove the avocado pit. Scoop the avocado into your blender.
2. Place all the ingredients in a food processor or blender and blend until smooth.
3. You may need to stop blending periodically to scrape down the sides of the blender to ensure it is fully combined.
4. Taste and adjust to your preference.
5. Spoon the pudding into small cups or ramekins.
6. Chill the pudding for at least 30 minutes to an hour in the refrigerator.
7. Optional: Serve with fresh mint or berries.

Tip: Transfer pudding to a zipper storage bag. Cut off one bottom corner of the bag. Squeeze the bag to pipe the pudding into the small cups.

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