
Choco-cado pudding

Fan favorite! Lucious, smooth and yet loaded with healthy monounsaturated fats from AVOCADOS, and mood-boosting anandamide from cocoa. This is one dessert that will surprise even your non-vegan friends! All the richness of a decadent chocolate dessert without the saturated fat.



Ingredients:

2 large ripe avocados, peeled, pitted
1/3 cup unsweetened dark cocoa powder
1/4 cup maple syrup
2 teaspoons vanilla extract
1/4 cup oatmilk, almond milk, or
plant-based milk of your choice, added
gradually
1/4 teaspoon flaky sea salt
Optional: pinch of cinnamon powder

How to make:

Blend the avocados, cocoa powder, maple syrup and vanilla extract in a food processor or blender. Add the oat milk in gradually until a smooth and glossy consistency is formed. Add pinch of cinnamon as desired.

Refrigerate and chill for about 30 minutes.

Top with a small amount of flaky sea salt, if desired. A little bit of salt balances the bitter element in dark chocolate beautifully and up-levels the whole tastes experience! If you don't top with flaky sea salt, I DO recommend that you add 1/4 teaspoon salt (regular sea salt is fine) as you blend all the ingredients together.

NOTES:

- If the avocado taste is too strong, try using a soft, but just-ripe or slight under-ripe avocado instead of fully ripe ones.
- I love Valrhona unsweetened cocoa powder.
- Drizzle in more maple syrup if you need a little more sweet.

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