

# Chocolate Avocado Pudding

## Serves 1

Blend together:

½ avocado

¼ cup coconut milk (you can substitute other milk just watch the consistency)

1 tablespoon honey or maple syrup

¼ cup raw cacao powder (more or less depending on your love of chocolate)

1 tsp vanilla

splash of coconut water

I found that the mixture was just a tad thick so I added an extra splash of almond milk.

Top with buckwheat groats, chopped nuts, oatmeal, flax seed, chia seed, chopped mint leaves, raspberries, etc.

Nutritional value (approximate):	Calories 280
	Fat 30
	Protein 1.6
	Total Carbs 34.8
	Fiber 13.4
	Sugar 18.5