

Chocolate Avocado Pudding

Susan Alsembach

This recipe is truly amazing and always hits the spot. I often add a few chopped nuts sprinkled on top and I promise that you won't feel deprived of a tasty sweet treat!

Chocolate Avocado Pudding

5 ingredients · 10 minutes · 4 servings



Directions

1. Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
2. Add the cocoa powder and blend again until combined.
3. Serve chilled. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1/2 cup of pudding.

More Flavor

Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

Additional Toppings

Fresh berries or toasted coconut.

Dates

Medjool dates were used to create this recipe.

No Coconut Milk

Use another non-dairy or dairy milk instead.

No Food Processor

Use a blender instead.

Ingredients

2 2/3 Avocado

98 grams Pitted Dates (chopped, soaked and drained)

53 grams Maple Syrup

160 milliliters Plain Coconut Milk (from the carton)

38 grams Cocoa Powder