



## Chocolate Avocado Pudding

- 1 Avocado, (soft but not over-ripe)
- 1 Tbs. Coconut Sugar, (may add more if you prefer more sweetness)
- ½ tsp. organic vanilla
- 2 tsp of organic Cacao powder
- 4-5oz. of organic coconut cream or coconut milk (canned is thicker and works better for the pudding)



Mix all ingredients together in a food processor and process until creamy and smooth. Adjust texture with more coconut cream if needed. Can be served immediately.

### **Optional toppings:**

- Fresh berries
- 1 tsp. of organic whipped cream or whipped coconut cream
- Toasted slivered almonds

**Holistic Options**  
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