



Avocado Pudding*

Serving: 1

Veg

Ingredients

- 1/4 cup coconut milk
- 1 teaspoon peppermint oil
- 1 small avocado , pitted
- 5-6 drops Stevia

Preparation Method

- To make the pudding, place all the ingredients in your blender and pulse until smooth.
- Keep in fridge for 1 hour ,serve chill