



VEGAN CHOCOLATE AVOCADO PUDDING

SERVES: 16 (approx. ¼ cup each) Prep Time: 15 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1

- 1 cup** semi-sweet chocolate chips, dairy-free
- 1 tsp.** extra-virgin organic coconut oil
- 4** medium ripe avocados
- ½ cup** pure maple syrup
- ¼ cup** unsweetened coconut milk beverage
- 2 tsp.** pure vanilla extract
- ¼ tsp.** sea salt (or Himalayan salt)

- 1.** Prepare double-boiler by setting a heatproof bowl over gently boiling saucepan of water.
- 2.** Add chocolate and oil to bowl; cook, stirring frequently, for 2 to 3 minutes, or until chocolate is melted. Remove bowl from saucepan. Let chocolate cool to room temperature.
- 3.** Place chocolate mixture, avocados, maple syrup, coconut milk, extract, and salt in blender; cover. Blend until smooth and creamy, scraping down sides with a rubber spatula as needed.
- 4.** Pour evenly into sixteen dessert cups; refrigerate for at least 1 hour, or until set.

RECIPE NOTE:

Store leftover pudding in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 181 Total Fat: 12 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 41 mg Carbohydrates: 20 g Fiber: 4 g Sugars: 15 g Protein: 2 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.