CHOCOLATE PEANUT BUTTER AVOCADO PUDDING

Prep time	Total time
10 mins	10 mins

Creamy, thick, nutritionally-dense chocolate avocado peanut butter pudding! Just 6 ingredients, naturally sweetened with dates and banana, and so delicious.

Author: Minimalist Baker
Recipe type: Dessert
Cuisine: Vegan, Gluten Free
Serves: 6

Ingredients

- 1 1/2 ripe avocados
- 1 large ripe banana
- 1/2 cup unsweetened cocoa or cacao powder
- 1/2 cup salted creamy or crunchy peanut butter + more for topping
- ~1/2 cup sweetener of choice i.e. maple syrup, agave, *date paste* or honey if not vegan (amount will vary with preferred sweetness)
- ~1/4 cup almond milk or other non-dairy milk (slightly more if using dates)
- *Coconut whipped cream* for topping (optional but recommended)

Instructions

1. Add all ingredients except coconut whip into a food processor and blend until creamy and smooth. Add more dairy-free milk to thin/help blend. Add more cocoa powder for a richer chocolate flavor. Add more sweetener of choice to enhance sweetness.
2. Divide between 6 small serving glasses, cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving, top with coconut whipped cream and drizzle of salted peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

Notes

*Nutrition information is a rough estimate for 1 of 6 servings with coconut whipped cream.

Nutrition Information

Serving size: 1 of 6 servings   Calories: 386   Fat: 29g   Saturated fat: 11.3g   Carbohydrates: 29g

Sugar: 13.5g   Sodium: 109mg   Fiber: 10g   Protein: 9g

Recipe by Minimalist Baker at http://minimalistbaker.com/chocolate-peanut-butter-avocado-pudding/