**Here's the Geary version of Healthy Fat-Burning Chocolate Pudding:**

(This recipe will make about **2-4** servings and is a great healthy dessert or late night snack)

* 1/2 of a ripe avocado (soft to touch)
* approx 3 tablespoons of almond butter (preferably raw if possible)
* approx 1/4 cup of unsweetened almond milk or coconut milk (preferably organic)
* 2 heaping tablespoons of organic cocoa powder
* 1/2 teaspoon of vanilla
* 1 packet of stevia (or enough to your desired sweetness level)
* 1/2 to 3/4 of a scoop of chocolate protein powder (this is my [**new favorite protein - amazing taste**](http://natural.biotrust.com/shop.asp?p=LowCarb2-1day&sid=puddingrecipe)!)
* just a small pinch of sea salt

Put the avocado and almond butter into a bowl and mash together with a fork until smooth.  Then add all of the other ingredients into the bowl and mix together vigorously until all is mixed and smooth.  If you're good with a food processor, you can use that too, but I just mash everything together by hand.

If everything went right, the consistency will be similar to pudding... except normal pudding makes you FAT with loads of sugar!  My healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture until the consistency seems right.

If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end.  And it tastes great to top this dish with some sliced strawberries!