"Instant" chocolate pudding

I’m a big fan of chocolate desserts, and this is one I feel really good about.

Using a mix of avocado, almond milk, and cocoa powder, this “instant” chocolate pudding, full of flavonoids and unsaturated “healthy” fats,  is delicious at any time. It's also gluten free. A tea cup serving of this treat will satisfy any sweet tooth without second thoughts.

Servings: 6

Prep Time: 10 minutes

Ingredients

* 2 ripe avocados, halved and pitted
* 1 cup unsweetened almond milk
* 1/3 cup plus 1 tablespoon unsweetened cocoa powder
* 1/4 cup honey, plus additional as needed
* 2 teaspoons vanilla extract
* 1/4 teaspoon cinnamon
* Flaky sea salt

Directions

1. Scoop the avocado flesh into your blender container and then add the almond milk, cocoa powder, honey, vanilla, and cinnamon.
2. Puree on high speed for one minute, or until a creamy consistency. Stop to scrape down the sides, as needed.
3. Taste and add additional honey if needed. The goal is subtle sweetness to balance the richness of the cocoa and avocado.
4. Spoon (or pipe, using a zipper storage bag with the corner cut off) the pudding into tea cups or small ramekins.
5. Refrigerate for at least 30 minutes to an hour. Prior to serving, sprinkle a little flaky sea salt on top.

<https://about.kaiserpermanente.org/total-health/food-for-health/recipes/instant-chocolate-pudding?cat=2c_recipe>