

Avocado Chocolate Pudding

2 servings, 1¼ cup each

1 ripe avocado
½ ripe banana
¼ cup natural cocoa powder, not dutch processed
¼ cup maple syrup (Grade A - Dark Amber)
¼ cup almond milk
1 teaspoon vanilla extract
¼ cup chopped almonds
Celtic sea salt

Peel and quarter a ripe avocado. Put all the ingredients in a blender except almonds and salt. Blend until smooth. Divide into two small bowls. Sprinkle Celtic sea salt on top with almonds and enjoy!

Per Serving:

321 Calories
8 gm Total Fat
3 gm Saturated Fat
33 mg Sodium
55 gm Carbohydrate
12 gm Fiber
5 gm Protein