

# Chocolate Avocado Pudding

<b>Nutrition Facts:</b>	
Yield	3
Calories	70
Fat	3 g
Sodium	42 mg

<b>Code</b>
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## **Ingredients Needed:**

4 ripe avocados  
¼ cup light coconut milk  
4 Tbsp. unsweetened dark cocoa powder  
3 Tbsp. honey  
2 oz. dark chocolate, melted  
2 tsp. vanilla extract  
1/8 tsp. salt  
For topping: whipped cream and sprinkles

## **Recipe Directions:**

- Remove avocados from the skin and pit. Place in a food processor and blend until combined and creamy.
- Add in all remaining ingredients, blending until pureed, scraping down the sides when need to combine.
- Blend for a good 1-2 minutes until completely creamy, then serve with desired topping.

