

Avo-Control Chocolate Pudding



- 2 large avocados, peeled pitted
- 1 ripe banana (optional for extra sweetness)
- 2 ½ Tablespoons unsweetened cocoa powder
- 1/3 cup maple syrup or agave syrup
- 1 teaspoons vanilla extract
- ¼ teaspoon ground cinnamon
- 1/3 cup milk (whole, 2%, almond, coconut milk)

Instructions

1. Place avocado (and banana, optional) and milk into blender or food processor.
2. Press the pulse until creamy consistency.
3. Add in cinnamon and cocoa powder, pulse blend until mixed
4. Add in vanilla extract and maple syrup.
5. Pulse blend until fully incorporated.
6. Taste test it to see if you prefer more chocolate flavor (add more cacao powder, 1 tablespoon at a time), more sweetness (add a splash of maple syrup) or more vanilla. Blend until smooth. Refrigerate for at least 30 minutes.
7. Enjoy.

NUTRITION

Makes 4 servings size, Serving Size: ½ cup,

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Calories: 250kcal, Carbohydrates: 23g, Protein: 4g, Fat: 16g, Saturated Fat: 2g, Sodium: 48mg, Potassium: 608mg, Fiber: 8g, Sugar: 10g, Vitamin A: 165iu, Vitamin C: 10.1mg, Calcium: 83mg, Iron: 1.8mg

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