

BEYOND HUNGER

Vegan Avocado Chocolate Pudding

This super simple recipe is a twist on traditional chocolate pudding... you're in for a sweet surprise! This rich and creamy chocolatey delight is packed with fiber and healthy fat – this is a dessert you do not want to miss!

Yields: 6 servings

Serving Size: 1 serving (1/6 of recipe)

Ingredients:

- 4 large, ripe **avocados** (remove from skins and discard skins and seeds)
- 2/3 c **cocoa powder**
- 1/2 c **maple syrup**
- 1/3 c **plant-based milk** (like almond or oat milk)
- 2 tsp **vanilla extract**

Instructions:

1. Scoop the avocado into a food processor or blender.
2. Add cocoa powder, maple syrup, plant-based milk, and vanilla extract.
3. Blend on high speed, stopping to scrape down the edges as you go, until the mixture is very smooth.
4. Pudding can be served and enjoyed immediately. However, for the best taste and texture, chill the mixture for at least 30 minutes.

Per Serving: Calories 352 kcal, Carbs 36g, Protein 4.8g, Saturated Fat 4g, Sodium 27.7mg, Fiber 13.3g, Total Sugar 16.5g

This recipe was adapted from LettuceVegOut.com