

Chocolate Avocado Pudding

This recipe is so simple to prepare and so delicious. You may choose to add a bit more sugar. I find that when you top this pudding with fresh fruit, the natural sweetness from the fruit compliments the pudding perfectly. If you choose to add more sweetener, a few extra tablespoons of sugar should be plenty. The nut butter is optional but adds a serious wonderful richness. You may also choose to skip the nut butter and add a few scoops of your favorite chocolate protein powder and make individual breakfast jars that you can take on the go. I like to add our Bahamen Baker Blend to this recipe to give it a bit of underlying spice.

1/3 cup Raw Cacao Powder

¼ cup your favorite Nut Butter (optional)

2 ripe Avocados

1 cup whole milk Coconut Milk

1/3 cup Coconut Sugar (or your favorite sweetener)

2 tsp Vanilla

¼ tsp Salt

Blend the ingredients in a high-powered blender until silky smooth and creamy

Top with berries, cream, banana slices, nuts, chia seeds or cherries!

Store the remainder in a sealed glass dish in the refrigerator