

Fudgy DF Avocado-Chocolate Pudding

Ingredients (3 servings)

- 2 cups avocado (about 2 medium avocados)
- $\frac{3}{4}$ c. to 1 cup of unsweetened cocoa powder (depending on how fudgy you want it)
- $\frac{1}{2}$ cup – $\frac{3}{4}$ c. maple syrup
- 1 teaspoon of vanilla
- $\frac{1}{3}$ – $\frac{1}{2}$ c. unsweetened coconut milk for consistency

Method

Mix all ingredients in a food processor or blender until creamy. Use immediately or refrigerate up to 1 week.

TIP: You can scoop it in a bowl with a scoop of coconut whipped cream, strawberries and banana to make a Banana Split Sundae!