

Chocolate Avocado Pudding

TOTAL TIME: 40 minutes

MAKES: 4 servings

Ingredients

2 large avocados, peeled, pitted, and cubed

1/2 cup unsweetened cocoa powder

1/2 cup coconut sugar, or less to taste. (Can use a combination of stevia, erythritol, and agave to limit sugar calories.)

1/3 cup coconut milk

2 teaspoons vanilla extract

1 pinch ground cinnamon

Directions

Blend avocados, cocoa powder, coconut sugar or sugar substitutes, coconut milk, vanilla extract, and cinnamon in a blender until smooth. Refrigerate pudding until chilled, about 30 minutes.