



Chocolate Avocado Pudding

Ingredients (serves 2)

- 2 large avocados
- $\frac{1}{3}$ cup cacao powder
- $\frac{1}{4}$ cup coconut milk
- $\frac{1}{3}$ cup honey, maple syrup or desired sweetener
- 1 tsp vanilla essence
- pinch of sea salt

Instructions

- Add all ingredients to Nutri bullet or blender and blitz to a smooth consistency
- Divide into a glass dish and allow to thicken and chill in the refrigerator.
- Serve topped with a sprig of mint and fresh raspberries and crushed pistachios.

A healthier version of chocolate mousse made up of healthy fats and polyphenols from the cacao.