

Chocolate Pudding



Serves 4

Ingredients:

- 1 cup unsweetened almond milk
- 2 ripe avocados, peeled and pitted
- $\frac{1}{3}$ cup plus 1 tablespoon unsweetened cocoa powder
- $\frac{1}{2}$ cup low-carb sweetener
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ teaspoon ground cinnamon
- Pinch of sea salt
- Raspberries, for garnish

Instructions:

1. Put the almond milk, avocados, cocoa, syrup, vanilla extract, cinnamon, and salt into your blender and puree on high for 30 to 60 seconds, until smooth and creamy. You may need to stop and scrape down the sides with a spatula.
2. Transfer the pudding to glasses, ramekins, or jars and chill in the fridge for at least 3 hours. Top with raspberries and serve.

Notes:

- *The pudding works best with ripe avocados that don't have any brown discolorations.
- *This dish is best the day it's made, as the avocados will oxidize, and the flavors will change over time.

Nutrition per serving: Calories 109; Total Fat 8.3 g; Saturated Fat 1.5 g; Monounsaturated Fat 5.0 g; Polyunsaturated Fat 1.0 g; Total Carbohydrate 10.1 g; Dietary Fiber 5.6 g; Sugar Alcohols 0.0 g; Sugars 2.2 g; Protein 2.3 g; Sodium 47 mg