



Chocolate Pudding

INGREDIENTS

- ☑ 1 Large ripe avocado
- ☑ 1/4 cup of @malibumylk (You can use almond or oat)
- ☑ 1 Ripe banana
- ☑ 1/4 Cup of cocoa powder
- ☑ 2 Tablespoons of maple syrup
- ☑ 1 Teaspoon of vanilla extract

PREPARATION

- 1 In a food processor, blend all ingredients until smooth.
- 2 Store in the refrigerator until ready to serve. Add raspberries, chocolate chips, shredded coconut or any other topping of choice.
- 3 Enjoy!!!!

Looking for a decadent, delicious, refreshing dessert that's also healthy? Then THIS is it! This pudding helps with digestion: Avocados are full of fiber and bananas contain prebiotics. The good fat in avocado is filling, helps raise good (HDL) cholesterol and is also great for skin. Both avocado and banana are high in potassium. Cocoa powder is full antioxidants, boots mood and energy and is a good source of magnesium, which also helps with digestion and sleep. This dessert is sweetened naturally from the banana and a bit of maple syrup. There is no added processed, white sugar. This recipe is so easy to make too. ENJOY, let me know what you think and don't forget to tag me in your creations!!

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