

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Chocolate Avocado Pudding

### Ingredients:

- 4 ripe avocados
  - ¼ c light coconut milk
  - 4 tbsp unsweetened dark cocoa powder
  - 3 tbsp honey
  - 2 oz. dark chocolate (72% or higher), melted
  - 2 tsp vanilla extract
  - 1/8 tsp salt
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- For topping: whipped cream, coconut whipped cream, sprinkles, cocoa nibs

### Directions:

- Remove avocados from the skin (and pit) and place in a food processor.
- Blend until combined and creamy.
- Add in all remaining ingredients, blending until pureed, scraping down the sides when needed to combine.
- Taste and season/sweetened additionally if desired.
- Blend for a good 1-2 minutes until completely creamy, then serve with desired toppings.

Note: I have kept this in the refrigerator for about 24 hours successfully; just make sure to immediately place it in a seal tight container. If you would like a smaller serving, I'd suggest cutting the recipe in half.