

# CHOCOLATE AVOCADO PUDDING ★★★★★

COURSE: DESSERT CUISINE: AMERICAN  
KEYWORD: CHOCOLATE PUDDING, PUDDING  
PREP TIME: 5 MINUTES COOK TIME: 2 MINUTES  
TOTAL TIME: 7 MINUTES SERVINGS: 3 SERVINGS  
CALORIES: 423 KCAL AUTHOR: BOBBY PARRISH

Rich and creamy chocolate pudding made from avocados. So good you can't tell any difference from the stuff you grew up with.

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## INGREDIENTS

2 ripe avocados pitted  
1/2 cup unsweetened  
cocoa powder  
1/2 cup plus 2  
tablespoons of maple syrup  
1/4 cup hot coffee, black  
tea, or herbal tea  
Zest of one orange  
1/4 cup fresh orange juice  
1 teaspoon vanilla extract  
1/4 teaspoon salt

## INSTRUCTIONS

1. Add everything to a blender or food processor and mix on high until smooth and creamy.
2. Pudding will keep in the fridge for 2 days.

## Nutrition Facts

Chocolate Avocado Pudding

Amount Per Serving (1 portion)

Calories 423      Calories from Fat 180

	% Daily Value*
<b>Fat</b> 20g	<b>31%</b>
<b>Carbohydrates</b> 54g	<b>18%</b>
Fiber 8.7g	<b>36%</b>
<b>Protein</b> 7.5g	<b>15%</b>

\* Percent Daily Values are based on a 2000 calorie diet.