



Avocado Pudding

Serves 4 to 6

2 avocados

1/4 to 1/2 cup agave

1/4 tsp. vanilla extract

1/3 to 1/4 cup cocoa powder dark

1/4 tsp. cinnamon plus for garnish add more if needed

Fresh raspberries or strawberries and chocolate shavings to garnish.

Shredded coconut can be added to mixture.

Combine all ingredients in a blender, blend until smooth and silky. Check sweetness adjust and add more if needed.

Serve in individual bowls; add fresh fruit, chocolate shavings. Sprinkle with cinnamon.

This dessert is very rich, small portions will be satisfying enough.

Benefits of Avocados and Dark Chocolate

Avocados are loaded with vitamins especially K and minerals, such as potassium.

They're cholesterol-free, low in saturated fat and also help the body to better absorb fat-soluble nutrients.

Dark cocoa powder has healthy fats such as oleic acid, this is the same fatty acid found in olive oil. Dark chocolate decreases levels of LDL bad cholesterol and increases HDL good cholesterol. It contains essential minerals that support your heart, bones and the immune system.