



## Dark Chocolate Avocado Pudding Parfait with Raspberry Chia Compote

Yields: 2-4 Parfaits

### INGREDIENTS

#### For the Pudding:

- $\frac{3}{4}$  cup dark chocolate or try Krisda Sugar Free Chocolate Chips, a sugar-free, stevia Version
- 1 large avocado
- $\frac{1}{2}$  cup silken tofu
- 2 Tbsp Alligga Ground Flaxseeds
- 2 Tbsp Agave syrup, or to taste (or favourite sugar substitute)
- 12-16 vegan chocolate or vanilla cookies (omit if you don't want them)

### For the Compote:

- 1 ¼ cup raspberries, fresh or frozen
- 1 Tbsp Alligga Flaxseed Oil
- Few drops of orange essence or 1 tsp grated orange rind
- ¼ cup water
- 1 Tbsp Agave syrup, or to taste (or favourite sugar substitute)
- 1 Tbsp chia seeds

### DIRECTIONS

#### For the Pudding:

- Gently melt the dark chocolate over a water bath, then set it aside to cool slightly
- Combine the avocado, tofu, flax seeds and agave syrup into a blender and blend until smooth
- Fold together the cooled melted chocolate with the pureed avocado mixture
- Crush the cookies and layer the parfaits with the pudding, crushed cookies and raspberry chia compote

#### For the Compote:

- Combine the raspberries with the flax oil and orange essence or rind, water and agave syrup and bring to a simmer
- Crush or blend the raspberry mixture to break up the berries and release the juices
- Add the chia seeds and allow to chill completely before using to layer into the parfaits

Keep refrigerated until serving (best if left for a few hours or over night)