Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Recipe for Chocolate Pudding w/ a Secret

Rich, Luscious, Vegan & Gluten-Free

Makes 4 servings in just under 10 minutes

1 ripe Hass avocado, halved, seeded, peeled
1 large, ripe banana, thickly sliced to equal 1 cup
2-3 tablespoons* light honey, agave or sweetener of choice
¼ cup unsweetened cocoa powder
1 teaspoon pure vanilla extract
Pinch salt
1 cup milk alternative, such as almond, hazelnut, oat, coconut, etc.

Optional Garnishes:
Shaved chocolate, chocolate sprinkles, fresh berries, whipped cream, raspberry puree

1. Put the avocado and sliced banana into a food processor. Use the pulse button to roughly chop them.
2. Add the sweetener, cocoa powder, vanilla, salt and one-half cup of the milk to the processor. Blend together till smooth.
3. Add the remaining milk and blend until incorporated. Taste and adjust the sweetness if necessary.
4. Spoon into individual ramekins, wine glasses or custard cups. Serve plain or with one or more of the optional garnishes.
5.   If not eating immediately, cover the pudding with plastic wrap and refrigerate.

*Note: the amount of sweetener will depend on

- your personal taste,
- the ripeness and sweetness of the banana,
- and whether you used a sweetened or unsweetened milk alternative.

So, begin with 2 tablespoons of sweetener and add more at the end if you prefer your chocolate pudding sweeter.

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