

CHOCOLATE AVOCADO PUDDING

Makes 2 servings. One serving covers your fat at your meal.



Ingredients

1 avocado, soft and ripe
2 cup high-quality cocoa powder
8 oz. unsweetened coconut milk
2 tsp. pure vanilla extract (no sugar added)
2 teaspoon coconut oil
Liquid Stevia to taste

Directions

Combine avocado, cocoa powder, coconut milk, vanilla, coconut oil and Stevia in blender.

Blend on high for 1 minute or until smooth. Refrigerate for 30 minutes.