

## Avocado Pudding



**Prep Time:** 2 minutes

**Cook Time:** no cook

**Keywords:** blender dessert snack dairy free egg-free gluten-free healthier lactose-free nut-free soy-free vegan vegetarian avocado chocolate

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Ingredients (Serves 3-4)

- 1 ripe avocado
- 3 TBSP + 1 tsp cocoa powder
- 1 TBSP vanilla extract
- 1/4 cup honey or maple syrup
- 1/4 tsp salt

Instructions

Add all the ingredients to a food processor in the order listed, starting with the avocado and ending with the salt.

Blend until completely smooth. If it is too thick for your taste, add a little milk or water {tablespoon at a time} until it reaches your desired consistency.

**Nutrition Facts based on 4 servings using honey:**

170 calories, 7.8g fat (1.1g saturated), 24.5g carbohydrates, 4.2g fiber, 1.9g protein