



Healthy Chocolate Avocado Pudding

Prep Time: 2 mins
Cook Time: 2 mins
Total Time: 4 mins

Ingredients:

1 ripe avocado
2 Tbsp. raw honey
3 Tbsp. unsweetened cocoa powder
6 tbsp. unsweetened coconut milk
Pinch of sea salt
Crushed almonds [optional]
Coconut flakes [optional]

Instructions:

1. Add all of the ingredients to a high speed blender or food processor and blend until smooth.

Compliments of The Fitchen