



## 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. Top with crushed almonds and coconut flakes

*Compliments of The Fitchen*