# CHOCOLATE AVOCADO *pudding*

## RECIPE CREDIT TO: JASON WROBEL

Decadent and completely guilt free.

This recipe really hits the spot and sorts out chocolate cravings. It is rich and most people are more than satisfied with a ¼ of this dish.

This is the perfect alternative to a chocolate loaded with refined sugar and hormone containing dairy.

As with all foods, there is conflicting research about fat being good or bad. Recent research has shown that good fat is not only healthy but necessary for brain function. Saturated fat in foods such as red meat and butter are not good choices. Mono-unsaturated fats found in olive oil, avocado, olives, seeds, nuts, coconut, walnuts, pecans, brazil nuts, spirulina, dark chocolate, full fat non-dairy yoghurt and chia seeds are healthy. They lower Inflammation in the body and helps our brain perform optimally.

This dish is decadent and can be eaten without any guilt, super easy and quick to make.

**SERVES**
4 PEOPLE

**PREP TIME**
5 MIN

**COOK TIME**
0 MIN

**TOTAL TIME**
5 MIN

## INGREDIENTS

- ½ cup full fat coconut milk
- ½ cup coconut nectar or around 20 stevia drops
- 1 tablespoon organic virgin coconut oil
- ½ teaspoon sea salt
- ½ tablespoon vanilla essence
- ½ cup raw cacao powder
- 2 large avocados, pitted
- ¼ cup raw pecans, save a few for topping
- ¼ cup raw shredded coconut for topping
- ¼ cup gluten-free granola for topping

## INSTRUCTIONS

1. Blend all ingredients, except a few pecans, shredded coconut and granola, in a high-speed blender for 40-50 seconds until smooth and creamy. It should be a classic, thick pudding consistency.
2. Transfer the pudding to serving bowl and top with pecans, shredded coconut and gluten-free granola.

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