



SHELLEY AMATO, RD  
INTEGRATIVE NUTRITION

**Avocado Chocolate Pudding**

This rich and creamy pudding is wonderful topped with fresh berries.

**Serves: 2-4**

**Ingredients:**

1 ripe avocado, peeled, pit removed  
¾ cup almond, soy or coconut milk  
4 tablespoons cocoa powder  
6 dates, pitted  
½ teaspoon vanilla extract

**Directions:**

Blend all ingredients in a high-powered blender/food processor. Keep refrigerated.

**Nutritional Information:**

Calories 199; protein 3g; carbohydrate 38g; total fat 7.3g; saturated fat 1.3g; sodium 5mg;  
fibre 7.4g; beta-carotene 64ug; calcium 39mg; iron 1.3mg; folate 46ug; magnesium 60mg; zinc  
0.8mg; selenium 0.9ug

