

## **Creamy Chocolate Avocado Pudding Recipe**

*Provided by KPU Student Health Promotion, adapted from the Dietitians of Canada Nutrition Month 2021 Recipe e-book (Christine Francis, RD)*

Prep Time: 5 minutes | Makes: 2 servings

### Ingredients

- 1 avocado
- 1.5 tsp (2.5 mL) honey
- 2 tbsp (30 mL) cacao powder
- handful of raspberries
- 1/2 cup (125 mL) milk
- pinch of salt

### Instructions

1. Combine all of the ingredients in a blender and blend until smooth.
2. Scoop into small bowls and add garnish with your favourite topping.\*

*\*Note: Find the right consistency for you (or your loved one). For a thicker consistency use less milk; for a creamier consistency add more milk.*