



Avocado Chocolate Pudding

This creamy pudding works well as a snack, breakfast, or even as a frosting! The avocado is undetectable but provides a smooth and creamy texture. This pudding is a great source of fibre, vitamin C and iron. You'll be surprised at how 7g of fibre per serving can taste so good!

Prep: 10 minutes • Total: 15 minutes

Ingredients:

| | | |
|--------------------|----------------|--------|
| Avocados (ripe) | 2 | 2 |
| Honey | ¼ cup + 2 Tbsp | 80 mL |
| Cocoa/Carob Powder | ¼ cup + 2 Tbsp | 80 mL |
| Coconut Oil | 3 Tbsp | 45 mL |
| Salt | ½ tsp | 2 ½ mL |
| Vanilla | 1 tsp | 5 mL |

Directions:

1. Place all ingredients into a food processor and blend until smooth.
2. Taste and adjust flavours as needed.

Note: The first time you make this, you may want to begin with just ¼ cup of honey and carob or cocoa powder and see how you like the flavour. It is easy to add more of these ingredients later.

Nutrition Facts

| | |
|--|------------------------------|
| Serving Size (116g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 310 | Calories from Fat 190 |
| % Daily Value* | |
| Total Fat 22g | 34% |
| Saturated Fat 11g | 55% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 300mg | 13% |
| Total Carbohydrate 34g | 11% |
| Dietary Fiber 7g | 28% |
| Sugars 24g | |
| Protein 3g | |
| Vitamin A 0% | • Vitamin C 10% |
| Calcium 2% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Adapted from: The London Training Centre

Makes 4 servings (116 g / serving) • 1 serving = ½ cup

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