



When craving something sweet, whip up our sugarless chocolate pudding. It will satisfy your hunger as well as provide proteins, good fat and fibre.

Serves 1 or 2

Prep time: 5 minutes

What you need:

- 1 ripe avocado
- 1 ripe banana
- 1 Tbsp. raw cacao powder (or more to taste)
- 1 Tbsp. almond butter (or more to taste)
- 1 tsp. cinnamon (or less to taste)

Suggested Toppings:

Make it even more fun and nutritious by adding one or more of these toppings:

- Toasted nuts or seeds
- Coconut flakes
- Dried fruit
- Cacao nibs
- Chocolate pieces (choose at least 70% dark chocolate)

What you do:

Combine the first five ingredients in a food processor and blend until smooth.

Add your favourite toppings and enjoy.

Nutrition info:

Avocados are a great source of good fats and studies have shown that, as part of a well-balanced diet, [they can lower the risk of heart disease](#), improve bad cholesterol levels (LDL) and lower oxidative stress in the bloodstream.

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 233	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 28 mg	1 %
Potassium 633 mg	18 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 9 g	35 %
Sugars 9 g	
Protein 4 g	9 %
Vitamin A	3 %
Vitamin C	21 %
Calcium	4 %
Iron	7 %