



Pumpkin Chocolate Pudding

4 servings
10 minutes

Ingredients

- 1/2 package Tofu (Firm, Non Gmo)
- 1/2 cup Pureed Pumpkin
- 1 Avocado (pitted and peeled)
- 2 tbsps Cacao Powder
- 2 tbsps Maple Syrup (more or less to taste)
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Fat	9g
Carbs	15g
Fiber	5g
Sugar	7g
Protein	3g

Directions

- 1 Add all ingredients in a food processor and blend until you get a smooth homogeneous pudding-like texture. You may need to scrape the side a few times.
- 2 Refrigerate until ready to serve. Pudding will keep for 1-2 days.
- 3 To serve, transfer to a small bowl and add your favourite toppings. Enjoy!

Notes

- Suggested Toppings,** Coconut yogurt, cacao nibs, toasted nuts or seeds, coconut flakes.
Less Sugar, Replace the maple syrup with a medjool date. Blend as indicated.