

∴ DARK CHOCOLATE PUDDING - MOUSSE ∴



A rich chocolately confection sweetened only with fruit...for dessert, for a snack, and perhaps, for breakfast.

Prep Time: less than 10 minutes

Ingredients

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| 1 ripe avocado | 2 scoops 100% pure stevia powder |
| 1 14.5 oz. can full fat coconut milk | 1/2 tsp. cinnamon |
| 2/3 c. date paste | 2 T almond butter (optional) |
| 3/4 c. unsweetened cocoa powder (try fair trade!) | unsweetened non-dairy milk as needed |
| 2 tsp. vanilla | |

Instructions

1. Peel avocado, remove pit and put in food processor.
2. Add date paste, breaking into small pieces to help with the blending.
3. Add remaining ingredients (except nondairy milk),
3. Blend ingredients until smooth, anywhere from 1-3 minutes.
5. If too thick, add nondairy milk 1/4 cup at a time to achieve desired consistency.
6. Eat immediately or place in refrigerator for later.

Recipe Notes

- An avocado that easily yields when gently pressed and is free of bruises works best.
- Be sure to carefully read your stevia package to make sure it is pure as many stevia products are a blend and may include undesired ingredients. I bought my stevia at Trader Joe's and it came with its own scoop. One hundred percent pure stevia is potent so the scoop is tiny, less than 1/8 tsp.
- I use roasted almond butter in my recipe because that is what I have on hand. If you want to keep it raw, use raw almond butter.
- This recipe thickens as it chills, achieving a mousse-like texture. Adding nondairy milk (I like unsweetened vanilla almond milk best) helps return it to a pudding. This pudding should be consumed within 3 days of eating and must be kept refrigerated.