

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Healthy Chocolate Fudge/or Pie Filling

1 C. soaked raw cashews (soak in water for a couple of hours, drain off water when you are ready to make it)

¾ C. coconut oil

¾ C. agave nectar or honey

½ C. raw ground chocolate (cocoa)

1 tsp. vanilla

¼ tsp. real salt

½ of a large avocado



Put soaked cashews in processor and mix, then add coconut oil and mix, add honey, vanilla, and salt and mix well, then add raw chocolate and mix and scrape down the sides and mix again. Last mash the avocado on a plate and add it to the processor. Mix it until really smooth. Pour in a square glass pan. Optional – stir in chopped pecans or nuts of your choice.

Freeze for 2-3 hours and ENJOY!!