

# Raw Chocolate Pudding

2 avocados

2 bananas

5 Medjool dates- remove pits.

¼-½ c. cacao powder (increase amount to taste)

½-1 cup coconut or almond milk

2-4 T. maple syrup or honey (optional- to taste)

Small pinch of salt (optional)

Place all ingredients in a high-speed blender and blend until smooth. Pour into 6 small cups. This recipe makes 6 ½ cup servings. Top with a non-dairy whipped topping or make your own cashew cream and place a scoop on top. This is such a fun, delicious treat, packed full of nutrients and happiness for all!

Recipe by Kelly Pomeroy