



Avocado-Chocolate Bliss

- 4 organic Medjool dates (Medjools are bigger and sweeter)
- 2 ripe avocados
- ½ cup unsweetened cocoa powder
- ¼ cup maple syrup
- 2 tsp. raw unfiltered honey
- 2 tsp. vanilla extract
- ½ cup unsweetened almond, coconut or oat milk
- ¼ Tsp. sea salt



Place all ingredients in a high-powered mixer or blender and process on high until smooth and creamy. This pudding will take on a creamy structure due to the avocados.

Top with your favorite fresh fruit and unsweetened coconut if desired.

It's always fun to experiment with recipes customizing to your favorite taste. The most important thing to remember is to keep the ingredients as whole and unprocessed as possible.

ENJOY AND FEEL THE HEALTH!