

Avocado Chocolate Pudding

INGREDIENTS:

- 1 ripe avocado, pitted
- 6-10 dates (depending on size of dates and desired sweetness), soaked if necessary
- ½ teaspoon vanilla
- 4 heaping Tablespoons cocoa or 2 Tablespoons carob powder
- ½ cup water

PREPARATION:

Place all ingredients save the water in a food processor (you can use a blender or Vitamix, but food processors work much better for this recipe) and begin blending. While the motor is running, drizzle the water in, stopping to scrape sides of bowl if need be until the mixture resembles a thick, chocolate pudding. Let it continue mixing until smooth and creamy. Chill and serve.

<http://wholelivingdaily.wholeliving.com/2010/06/a-better-chocolate-pudding-and-its-vegan%E2%80%94shhh.html>

NOTES FROM THE COOK: