

Recipe of the week

Chocolate Banana Avocado Pudding

Ingredients

- 1 ripe avocado.
- 1 large ripe banana
- ½ cup of unsweetened cocoa powder
- ½ cup of nut butter of choice [almond or peanut]
- ½ cup of finely chopped dates.
- ¼ cup of milk of choice.

Step 1

Add all the ingredients into a food processor and blend until creamy and smooth. Add more milk to thin/help blend. Add more cocoa powder for a richer chocolate flavour.

Step 2

Divide between 4 or 6 small serving glasses, cover with plastic wrap [pressing the plastic wrap down on the pudding to prevent a skin from forming] and chill for a few hours, or overnight.

Step 3

Top with berries if you wish to.

Leftovers will keep in the fridge up to a few days, though best when fresh!