



Creamy Chocolate Pudding

2 ripe avocados	5 ½ Tbsp. honey
1 Tbsp. instant coffee (optional)	2 tsp. vanilla extract
1 medium yellow onion, diced	¼ cup milk
1/3 cup unsweetened cocoa powder	

Directions

1. Wash hands. Combine all ingredients in a blender. Blend well.
2. Move to a bowl and refrigerate at least a half hour before serving.

Makes 5-1/2 cup servings

Nutrition Facts (per serving): 220 calories, 12 grams fat, 0 milligrams cholesterol, 10 milligrams sodium, 30 grams carbohydrate, 8 grams fiber, 3 grams protein