

## **Creamy Chocolate Pudding**

- 2 ripe avocados
- 1 Tbsp. instant coffee (optional)
- 1 medium yellow onion, diced
- 1/3 cup unsweetened cocoa powder

5 <sup>1</sup>/<sub>2</sub> Tbsp. honey 2 tsp. vanilla extract <sup>1</sup>/<sub>4</sub> cup milk

## 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



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