MAKES
6

TOTAL TIME
3 HOURS
AND
15 MINS

COOK TIME
15 MINS

"CHOCOMOLE" PUDDING

INGREDIENTS

- 16 Medjool dates, pitted and coarsely chopped
- 3 ripe avocados
- 1 cup unsweetened almond milk or coconut milk beverage
- 1 cup unsweetened cocoa powder
- ¼ cup pure maple syrup or agave nectar
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- Pinch of sea salt, plus more for garnish

METHOD

1. Soak dates in 1 cup hot water until soft, 5 to 10 minutes. Drain.
2. Process the dates, avocados, milk beverage, cocoa, maple syrup (or agave), oil, vanilla and a pinch of salt in a food processor until very smooth and creamy. Refrigerate until cold, about 3 hours. Serve garnished with a little extra sea salt, if desired.

Make Ahead Tip: Cover and refrigerate for up to 2 days. Stir before serving.

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