

Chocolate Maca Avocado Pudding JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 ripe avocados, de-pitted
- 3 dates, pits removed and soaked in hot water for 10 minutes.
- 3 tbsp real maple syrup
- 2 tsp non-dairy milk
- 1/3 cup raw cacao powder
- 1 tsp maca powder

Instructions:

1. Discard water from soaked dates.
2. In a food processor, place avocados, dates, maple syrup, non-dairy milk, raw cacao powder and maca powder. Blitz until completely smooth and creamy.
3. Enjoy immediately or store in the fridge to chill for a few hours. Top with fresh fruit of your choice.

Notes:

Serves 2 generously or 3. Top with fresh fruit.