

Chocolate Avocado Goji Berry Pudding

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 ripe avocado, peeled and seed removed
- 1/4 cup raw cacao
- 1/4 cup honey or real maple syrup
- 1/2 tsp vanilla extract
- 2 tbsp coconut milk (or use water)
- 1 tbsp goji berries as a topping

Instructions:

1. Combine all ingredients excluding the goji berries into a small food processor. Blend until smooth. If you want it creamier, simple add more coconut milk or water. Top with goji berries. EnJOY!