



CHOCOLATE AVOCADO PUDDING

By Dr. Cindy Tanzar
(Standard, Maintenance, & Vegan/Vegetarian Plans)

Makes 2 servings. One serving covers your fat at your meal.



INGREDIENTS

1 avocado, soft and ripe
1/2 cup high-quality cocoa powder
8 oz. unsweetened coconut milk
2 tsp. pure vanilla extract (no sugar added)
2 teaspoon coconut oil
Liquid Stevia to taste

DIRECTIONS

Combine avocado, cocoa powder, coconut milk, vanilla, coconut oil and Stevia in blender.

Blend on high for 1 minute or until smooth. Refrigerate for 30 minutes.