

### Raw Chocolate - Avocado Pudding

1/2 Cup Packed Medjool Dates  
3 - Large Avocados (~ 2 heaping cups mashed)  
6 Tbsp Raw Cacao Powder  
2 Tbsp Pure Maple Syrup  
1 Tbsp Vanilla Extract

- ☐ Put the dates into a small bowl and cover with warm water. Soak for 30 minutes, then drain.
- ☐ Place the mashed avocados, dates, cacao powder, maple syrup and vanilla in a high-powered blender or food processor. Blend until super smooth and creamy. You may need to stop the machine multiple times to scrape down the sides.
- ☐ Taste and add more maple syrup if desired.
- ☐ Transfer the pudding to a glass container to chill or serve immediately.

**Yield:** 6 - 1/2 cup servings.

**Comments:** 1) Will keep in the refrigerator for up to 3 days.