



## Chocolate Avocado Pudding

Heating the bananas and avocado will prevent the chocolate from seizing

### U.S.

1/2 cup	Chocolate Chips
1/2 Each	Avocado
1 tsp	Vanilla Extract
2 Each	Banana

### Metric

85 g
1/2 Each
5.0 ml
2 Each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Melt the dark chocolate chips in a microwave or over a double boiler.
3. Heat bananas and avocado in microwave briefly (about 15 seconds).
4. Combine remaining ingredients in a food processor, add melted chocolate.
5. Blend until smooth and creamy.
6. Refrigerate until ready to serve.

---

### **Nutrition Facts**

**Serving size**                      **1/10 recipe**  
**Servings**                              **10**

<b>Calories</b>	114
Calories from Fat	60
Total Fat	7 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	5 mg
Carbohydrates	15 g
Dietary Fiber	3 g
Sugars	10 g
Protein	1 g
Vitamin A	2 %
Calcium	0.5 %
Vitamin C	6 %
Iron	1 %
Phosphorus	0 mg

---