

Vegan Chocolate Avocado Pudding

Ingredients

- 1 ripe avocado, peeled + quartered
- 1/4 cup cacao powder
- 1/4 cup raw honey/maple syrup/agave syrup
- 1/4 cup almond milk or water

1. Put all the ingredients in blender or food processor
2. Blend and enjoy!

Avocado contains a wide range of anti-inflammatory compounds: phytosterols to regulate cholesterol, various carotenoids for eye health, and selenium, vitamin E, vitamin C, and zinc, which are all supportive of healthy skin.

Please talk to your doctor before making any changes to your health program