

CHOCOLATE PEANUT BUTTER PUDDING

adapted from minimalistbaker.com

Yield: 3 - 4 servings

Prep Time: 5 - 10 minutes

Chill Time: about 2 - 3 hours

Storage: best fresh; refrigerate up to 1 day



Ingredients

- 1 medium-ripe avocado, peeled and pitted
- 1/2 medium-ripe banana
- 1/3 cup unsweetened cocoa powder or raw cacao powder
- 1/3 cup peanut butter, or nut butter of your choice
- 1/3 cup maple syrup, or to taste
- 3 tablespoons milk of your choice, use more if pudding is too thick
- 2 teaspoons vanilla extract
- generous pinch of sea salt, or to taste

Directions

1. Add all ingredients into a food processor or blender and process until completely smooth and creamy. Scrape down the sides as needed. Add extra milk to thin out the pudding, if desired.
2. Enjoy as is, or chill in the refrigerator in an airtight container for a few hours.
3. Some topping ideas: a dollop of coconut whipped cream, extra drizzle of peanut butter, sprinkle of hemp or chia seeds, sliced strawberries