



Avocado Pudding

Total: 30 min · Prep: 10 min · Cook: 20 min · 1 servings · Easy · Desserts

Vegetarian

Gluten-Free

Dairy-Free

INGREDIENTS

1 pc Ripe avocado

2 tsp Honey

to taste Vanilla extract

15 g Cocoa

15 g Walnut

INSTRUCTIONS

- 1 Peel the avocado and remove the pit. Blend or mash the avocado, honey, vanilla extract, and nuts until a smooth creamy consistency.
- 2 Pour the pudding into cups or bowls.
- 3 Refrigerate for 15 minutes or enjoy immediately.

Nutrition per serving: 354 kcal · Protein 7.0 g · Fat 29.0 g · Carbs 30.0 g · Fiber 16.2 g