



Tina McDermott
Inspirational Chef, Speaker & Weight Loss Coach

Outrageously Delicious Chocolate Pudding

Get ready for an addicting dessert that you just might make every night!

INGREDIENTS:

- 1/2 large avocado, frozen (flesh only)
- 1 large ripe banana, peeled and frozen
- 1 cup unsweetened almond milk
- 2 tbsp raw cacao powder or cocoa powder
- 2-4 soft medjool dates, pitted (or use monk fruit or stevia sweetener) see note below
- 1/2 tsp pure vanilla extract
- Pinch of fine grain sea salt
- Shaved dark chocolate
- Shredded coconut, to garnish
- 3-4 ice cubes or 1/4 cup of any frozen fruit you desire



EQUIPMENT NEEDED:

- Blender, high speed is best and an immersion blender will do the trick



More Recipes!



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FREE EBOOK: The Joyful Gut Reboot!

DIRECTIONS:

1. This is the hard part: You need to freeze your banana and avocado beforehand! This results in an ice cream like texture. If using warm, then add some ice but it won't be the same!
2. Add your almond milk first into the blender (always) followed by the frozen avocado flesh, frozen banana, ice cubes or frozen fruit, cacao or cocoa powder, pitted dates, vanilla, and a pinch of sea salt (amazing). Process until smooth.
3. Pour into parfait glasses, mini bowls, or into a huge glass all for yourself (chill the glasses for ultimate results). Best served immediately!!

Notes: If you are using firm dates, please soak them in warm water for about 30 minutes beforehand. This will aid in blending them smooth.

Sweeteners - my favorite non sugar impacting sweetener is Lakanto brand monk fruit confectioners sugar.

SHOPPING LIST:

- Ripe Avocado
- Ripe bananas
- Unsweetened almond milk
- Cacao powder or cocoa powder
- Medjool dates
- Pure vanilla extract
- Sea salt
- Dark chocolate bar 80% is best
- Shredded coconut
- Frozen fruit - optional

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