

Raw Chocolate-mint Avocado Pudding

Prep Time: 5 | Total Time: 5 | Yield: 2

Ingredients

1 avocado

1/4 cup almond or coconut milk

3 tablespoons raw cacao powder

2 tablespoons raw honey or 5 drops of stevia

1 teaspoon vanilla extract

3 drops mint extract

Method

Using a food processor or high-speed blender , combine all ingredients and blend until smooth. Put in refrigerator until mixture is cold and then enjoy!