



Raw Chocolate Pudding



Adapted from *eatfresh.org*

Ingredients



- 3 medium avocados
- 3/4 cup honey, pure maple syrup, or agave
- 6 Tbsp. cocoa powder



Directions



Yield: 6 servings **Serving size:** 1/2 cup **Total cost:** \$8.52 **Serving cost:** \$1.42

1. Mix all ingredients together in a blender or food processor until creamy and smooth.
2. Chill in the refrigerator for 30 minutes (or eat right away if you can't wait!).
3. Serve with strawberries, bananas, or your favorite fruit.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups





Cooking Tips



- Make sure avocados are perfectly ripe (not under-ripe or brown and stringy) for a tasty pudding!
- If you do not have a blender or food processor, mash ingredients together with a fork or potato masher.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.9g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	25%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.26mg	8%
Potassium 517mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

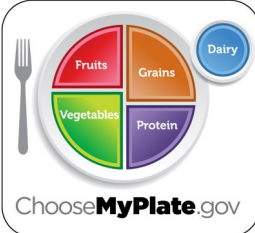

Second Harvest is an equal opportunity provider.



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