

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chocolate Pudding

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Serves 4

1/2 cup	pitted and chopped dates
1/2 cup + 2 Tbs	boiling water
2 Tbs	more boiling water
1/3 cup	maple syrup or honey
2	avocados (mashed)
1 tsp	vanilla extract
3/4 cup	cocoa powder
2 Tbs	coconut oil (melted)

Instructions

In a bowl, combine the chopped dates and boiling water and allow to soak overnight.

In the morning, place the dates with the water in a food processor, add the maple syrup and blend until smooth. Add the remaining ingredients and process until smooth, stopping to scrape down the sides with a spatula as needed. Add water if needed to get the desired consistency.

Pour into serving dishes and chill, covered, until set.

This can be stored in the freezer if you want to make extra for later.