



# Avocado Chocolate Pudding

Fuel up with this creamy, nutrient-dense pudding—perfect for game day, recovery, or a healthy dessert.

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## Ingredients

- 5 ripe avocados (pitted, scooped)
- 5–6 dates (*soak 30 min for smoother texture*)
- 1 ¼ cup cacao or carob powder (*I use Terra Soul Superfoods cold-pressed cacao*)
- 1 ¼ cup unsweetened nut milk (*Almond Milk – Organic Vanilla*)
- 1 ¼ teaspoon vanilla extract
- 10 tablespoons 100% pure maple syrup
- ¾ cup peanut butter (*or adjust to taste*)
- 1 teaspoon sea salt (*adjust to taste*)
- 1 banana (*optional*)

## Directions

1. **Prep:** Soak dates if needed. Pit & scoop avocados.
2. **Blend:** Add all ingredients to a food processor. Blend until smooth and creamy.
3. **Adjust:** Taste and tweak (more nut butter, maple syrup, or salt depending on your preference).
4. **Store:** Spoon into mason jars. Refrigerate before serving.

## Notes

- This makes a **large batch** (using 5 big avocados). Great as a **pre-game snack**, training fuel, or healthy treat. Keeps well in the fridge for a few days.