

SNACK FEST 2021

4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

Chocolate Avocado Pudding - recipe from www.gettystewart.com

Supplies

Immersion Blender or Food processor	Bowl
Rubber spatula	Serving bowl
Paring Knife	Measuring spoons
Cutting Board	

Ingredients

1 ripe avocado	3 Tbsp maple syrup or sweetener of choice
2 Tbsp cocoa powder	1/2 over-ripe banana, chopped (1/3 cup)
1/2 tsp vanilla	3 to 5 Tbsp water

Instructions

Cut avocado in half lengthwise, remove pit and scoop out all flesh.

If using Immersion blender, place avocado in narrow, deep bowl. If using food processor, place in processor bowl.

Add cocoa powder, vanilla, maple syrup, banana and smallest amount of water.

Puree until smooth adding water as needed to reach desired consistency.

Taste and adjust sweetness as desired.

Transfer into serving bowl.

Cover and store in fridge until ready to serve.

Makes: 1 cup

Serve as a pudding or as a dip for cut up fruit like apples, pears or oranges.

Banana Alternative: Use pureed squash, sweet potatoes or canned pumpkin instead of banana.

Notes & Ideas