

Raw Chocolate Pudding

This is a nutritionally-dense recipe that can be enjoyed at any time of day.
...and I mean any time!
Breakfast?oh yes!

2 Avocado
Pinch of Celtic sea salt
Juice of ¼ lime
½ - 1 Banana
3 Dates – soaked in hot water 5minutes
- remove skin and chop flesh
2-3 Tbsp Raw Cacao powder
1 Tbsp Cacao nibs (optional)
1 Tbsp Agave nectar
½ tsp Vanilla extract
½ tsp Tamari / Bragg's
1 tsp Balsamic or Ume vinegar
Coconut water

Remove peel and pit from avocado, place in food processor with salt and lime juice.

Blend until smooth.

Add banana in chunks... blend.

With machine running add dates, cacao, agave, vanilla, tamari and vinegar.

Add coconut water until desired consistency is reached.

For a thick, mousse-like dessert: skip coconut water

For a smooth pudding consistence: add coconut water

Flavour variations:

Finely chop fresh **mint** leaves and soak them in the agave overnight. Press through fine strainer.

Squeeze the juice of 1-2 **oranges** into mix in place of coconut water.

Shopping: salt, cacao, agave, Bragg's, ume, and coconut water can be found at most healthfood stores

Source: the original recipe came from [Sarah Heipel](#).

I have modified this over the past year to suit my personal preferences!

You can feel better.