

CHOCOLATE OR BERRY PUDDING

1 ripe avocado

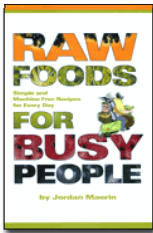
1 ripe banana OR ¼ cup pitted dates, soaked 10 minutes

½ cup berries OR ¼ cup raw carob powder

2 tsp. vanilla extract

For the avocado and banana based puddings, simply whip up all ingredients in a blender, or mash and whisk by hand if not using dates. Use a spatula to scrape the sides of the blender a few times during blending.

For a party, you'll need to multiply this recipe several times, with one recipe feeding 2-4 people, depending on the serving size.



Based on “Creamy Puddings”
From the book,
Raw Foods for Busy People,
by Jordan Maerin