

At first glance, chocolate, avocado, and yogurt seem to be entirely separate classes of foods. But we assure you: when they come together (specifically in a blender) they create a pudding rich and decadent enough to make you wonder if it really is as healthy as it seems.

With only natural, superfood ingredients, we can assure you a second time that you're indulging in nothing but goodness. Try this pudding to quell a chocolate craving, or even for a sweet breakfast option.

Probiotic Salted Choco-Avo Pudding

Prep: 5 minutes

Total: 5 minutes

Serves: 2

Ingredients:

1 ripe avocado

½ cup non-dairy yogurt (cashew or coconut)

2 Tbsp raw cacao or cocoa powder

2 to 3 Tbsp raw honey or maple syrup

1/2 tsp vanilla

Pinch of Ava Jane Colima sea salt

2 Tbsp almond milk (or more as needed to blend)

Raspberries or other berries and chocolate chips for garnish

Instructions:

Scoop the flesh of the avocado into a food processor or blender. Add in the yogurt, cacao powder, honey or maple syrup, vanilla, salt, and almond milk, and blend until smooth.

Taste the pudding and add more honey or maple syrup if needed. Serve immediately, or refrigerate.