



**SUGAR FREE**

# EASTER RAW CHOCOLATE AVOCADO PUDDING

**SERVES - 4-6**

## INGREDIENTS

- 1 medium avocado (perfectly ripe)
- ½ cup dates,  
soaked in boiling water for 1 hour  
minimum before use.  
Strain before using.
- 2 ½ tablespoons raw cacao powder,  
or good quality cocoa
- ¼ cup water
- 1 ½ tbspn Perfect Sweet® xylitol

## METHOD

Place all the ingredients into a high-speed blender. Start blending on slow and then turn the speed up to high.

Blend until silky smooth and luscious! You might need to start and stop this a few times to get the mixture to blend properly because the dates will require more blending. If you have a good blender you should be able to get this super smooth.

Chill for several hours in the fridge before serving. Delicious served in a glass topped with fresh strawberries.



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