

Rich Chocolate Pudding

Don't let the ingredients fool you, this recipe is rich and delicious. No one will know it's avocado and it will give anyone loads of feel good energy, boost metabolism and mood, and satisfy those pesky sweet cravings.

- *2 Medium size ripe avocados or 3 cups soft meat of young Thai coconuts*
- *Liquid stevia to taste (start with 4 or 5 drops)*
- *Agave nectar to taste (start with 1-2 tbsp. or used soaked dates, or grade B maple syrup which is not raw)*
- *1-2 teaspoons extra virgin coconut oil*
- *1 vanilla bean or 1 teaspoon vanilla extract*
- *Pinch of sea salt*
- *2 tsp. cinnamon*
- *juice of 1 orange*
- *1 teaspoon of dried or fresh orange zest*
- *1/4 cup carob powder*
- *1/4 cup [raw cocoa powder](#) (or to taste)*
- *Optional, but really nice: 2 teaspoons [maca powder](#)*
- *Additional water, unsweetened almond milk or coconut water -enough so blender will run smoothly*
- *About one cup fresh berries of choice. Raspberries are especially nice with this.*

Put all ingredients into a high-speed blender (I recommend [the Vita-Mix](#)) and blend until smooth.

Transfer to individual ramkins or small bowls and refrigerate until ready to serve. Serve garnished with fresh berries.