

LUSCIOUS COCO CACAO PUDDING

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	SERVES 2
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SEASON: Fall

WEEKS: 1-4 & Living Wildfit



INGREDIENTS

2 medium avocados
¼ cup maple syrup/honey
¼ cup coconut cream (from a chilled can of coconut milk or fresh from your own blender!)
¼ cup raw cacao
1 teaspoon vanilla
1 teaspoon maca
1 teaspoon chaga
Pinch of sea salt
Top with shredded coconut and cacao nibs

PREPARATION

Slice avocados in half and scoop the flesh into a blender.
Add the powders, pouring on top of the avocado.
Pour in the vanilla (if liquid), coconut cream and liquid sweetener.
Add salt last, sprinkling evenly.
Blend for a few minutes until evenly combined, stopping to scrape down the sides if necessary.
Chill for a few minutes (or during dinner) and serve- topping with shredded coconut and cacao nibs for garnish.
Enjoy!