



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Chocolate Avocado-Chia Pudding

Ingredients:

- 2 medium ripe avocados (peeled, pitted)
- ½ cup unsweetened almond milk
- ¼ cup Dutch-process cocoa powder
- ¼ cup fat-free, plain Greek yogurt
- 3 Medjool dates (pitted)
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds
- ¼ cup plus 2 tablespoons unsalted chopped almonds or walnuts (optional)

Directions:

1. In food processor or blender, process all ingredients except almonds until smooth.
2. Transfer pudding to serving dishes. Cover and refrigerate for at least 1 hour to allow chia seeds to thicken.
3. Just before serving, sprinkle with almonds if desired.

Serves 6

*129 calories, 6.5 g fat, 1 g saturated fat,
16 g carbohydrate, 5 g fiber, 3 g protein,
22 mg sodium*

Source: American Heart Association

