

Raw Vegan Chocolate Pudding

This is the most amazing stuff. It taste SO much better than the "real" thing. I use it for icing too. Usually, my children just lick it off and leave the cake.

Makes about 2 cups

Ingredients:

2 large ripe avocados

1/2 -3/4 C agave nectar (raw "blue" agave is best, but is harder to find)

1/4 C raw cocoa powder

1 T vanilla

dash of cinnamon (optional)

banana or strawberry slices for garnish

Preparation:

Place everything in a VitaMix or high-power blender or food processor and blend (on high) until very smooth.

Keep stored in an air-tight container in the fridge - that is, if it lasts long enough to make it in to the fridge.



This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>