



Healthy Chocolate Banana Pudding

Tastes like those chocolate coated frozen bananas

Date Sweetener:

- 1 cup pitted whole dates
- 1 cup boiling water
- 1 teaspoon lemon juice

Chocolate Pudding:

- 1 small ripe avocado, peeled, pitted
- 1-1/8 cup mixed strawberries
- 3 Tablespoons unsweetened cocoa power
- 2 Tablespoons almond butter
- Prepared date sweetener
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1/2 cup almond milk or as needed
- 1/4 cup chia seeds

For Two Pudding Desserts:

- 1 frozen banana
- Healthy Chocolate Pudding as desired
- Garnish: mixed nuts as desired

To Prepare a Date Sweetener: Place dates and water in microwave-safe bowl; microwave on high power for 2 minutes, stirring halfway during cooking. Let seep in hot liquid for 30 minutes or until soft. Place dates with liquid and lemon juice in food processor; process to puree dates until very smooth and thick. You can store this in the refrigerator until you are ready to make the pudding. Use all the pureed dates for the chocolate pudding recipe. Can store covered with plastic wrap in refrigerator for 1 week.

To Prepare Pudding: Place avocado flesh, berries, cocoa power, almond butter, pureed date sweetener, almond extract, and vanilla extract in food processor; mix to puree ingredients. Slowly add 1/2 cup almond milk or more if mixture is too thick; mix until completely smooth. Place in medium sized bowl; stir in chia seeds. Cover; store in refrigerator overnight. Keep covered with plastic wrap in the refrigerator. Makes about 8 servings.

To Prepare Chocolate Banana Pudding for Two Custard Cups: Cut frozen bananas into large bitesize pieces. Place half of bananas into the bottom of each custard cup. Spoon 2 to 3 dollops of pudding over bananas in each cup; lightly sprinkle as desired with mixed nuts. Serves 2

Basic Recipe inspired by: Michael Greger, M.D., *The How Not to Die Cookbook*, 2017.

Cook's Note: Create a swirled pudding by adding a tablespoon of Aquafaba Whipped Cream and lightly swirling it through the pudding. If you don't like bananas, try making it with fresh strawberries in place of the bananas.

To Freeze Bananas: Unpeel the ripe banana; cut in half or leave whole; place in sandwich size plastic bag; close top. Place all little bags of bananas inside a larger plastic bag. Store in freezer until ready to use.

About the Recipe: We love chocolate covered bananas and making it as a healthy pudding, we get to enjoy this dessert often. When you taste it, it is hard to believe that it is made from all fruits. After it thickens into a pudding, the chia seeds make it taste like chocolate tapioca pudding. We just love it!

