



Healthy Chocolate Chia Pudding

Tastes like those chocolate coated frozen bananas

Date Sweetener:

- 1 cup dried pitted whole dates
- 3/4 cup water
- 1 teaspoon lemon juice

Chocolate Pudding:

- 1 small ripe avocado, peeled, pitted
- 1 cup chopped strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons almond butter
- Prepared date sweetener
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1/4 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: Cut dates in half. Place dates in microwave-safe bowl; cover with water; microwave on high power for 3 minutes, stirring halfway during cooking. Let seep in hot liquid for about 20 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 use the date sweetener right away for the pudding or store it in the refrigerator covered until you are ready to use it. Use all the pureed dates for the chocolate pudding recipe.

To Prepare Pudding: Place avocado flesh, berries, cocoa powder, almond butter, pureed date sweetener, almond extract, and vanilla extract in food processor; mix to puree ingredients. Slowly add 2 Tablespoons 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. Makes about 6 small 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:

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.