



Creamy Chocolate Cheesecake Pudding

Healthy sweet for a natural treat

12 pitted dates, chopped (about 1/2 cup)

1/2 cup water

2 avocados, peeled, pitted

1/3 cup honey

1 teaspoon vanilla

1 teaspoon almond extract

1/2 teaspoon ground cinnamon

1/4 cup unsweetened cocoa

1/2 cup ricotta cheese

1/4-cup mini dark or semi-sweet chocolate chips

Toppings: 2 ripe bananas; 1-1/2 Tablespoons (each) flaked coconut and chopped pecans; whipped cream as desired

Soften Dates: Place dates in small microwave-safe bowl; cover with water. Cook in microwave on high power for 1 minute or hot. Remove; set aside to soften about 10 to 15 minutes.

Process into Chocolate Pudding: Place softened dates with water in food processor; mix to fine chop dates. Add avocados; process until mixture is blended. Add honey, vanilla, almond extract, cinnamon, cocoa and ricotta cheese; process until mixture is smooth and pudding thick. If the pudding is too thick, add about 2 Tablespoons milk or as needed to make the desired pudding consistency.

Spoon into medium sized bowl; stir in mini chocolate chips. Serve pudding at room temperature or cold. To chill; cover bowl with plastic wrap; chill in refrigerator until ready to serve. Serves: about 4 to 6 desserts

Serving Idea: For each serving: Place about 1/3 to 1/2 cup pudding into each dessert bowl; sprinkle about 1 teaspoon (each) flaked coconut and chopped pecans; top with 4 to 6 thin banana slices and 1 small dollop of whipped cream.

About the Recipe: Avocados are the magic ingredient to create a healthier dessert. Sweetened with a little honey and dates and add a sprinkling of dark chocolate mini chips. You can serve this plain or top with your favorite fruit or topping. It's a special treat for a chocolate lover.