



Fudgesicle Pudding Pie

Don't tell them it's filled with healthy ingredients

- 12 pitted dates (1/2 cup), halved
- 1/2 cup water
- 2 avocados, peeled, pitted
- 1/4 cup honey
- 1 teaspoon (each) vanilla; almond extract
- 1/2 teaspoon cinnamon
- 1/4 cup unsweetened cocoa
- 1 cup 4% fat large curd cottage cheese
- 1/4 cup mini dark or semi-sweet chocolate chips
- 1 cup chopped pecans, divided
- 1 refrigerated pie crust, baked, cooled
- Garnish" fresh sliced bananas; mint sprig 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 or ready to use.

Process into Chocolate Filling: 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 cottage cheese; process 1 minute; scrap down bowl; process again until mixture is smooth and thick, about 5 minutes. Stir mini chocolate chips in by hand.

Layer 1/2 cup chopped pecans evenly over the bottom of baked cooled pie crust. Spoon prepared chocolate filling evenly over chopped pecans. Sprinkle remaining chopped pecans around the outer edge of filling. Place pie in freezer about 4 hours or firm enough to cut into slices. Serve pie frosty cold; garnish with banana slices and mint sprig.

If you want the filling to soften, after cutting into wedges, store pie in the refrigerator and serve it as a creamy chocolate pie.

Yield: one 9-inch pie Serves about 8 slices.

Cook's Note: This pie can be served frosty chilled or soft and creamy from the refrigerator. Don't you just love that idea? It's like having two pies in one pie pan.

About the Recipe: This pie is designed to be filled with healthy ingredients yet is refreshingly decadent. The creamy chilled chocolate filling has bits of dark chocolate and chopped pecans. It tastes almost just like a chilled fudgesicle. Garnish it with fresh sliced bananas or your favorite fruit.