



Would You Believe It's a Superfood?

Crunch 'n Cream Dark Chocolate Pudding

So delicious and full of surprises

- 1 frozen banana, cut into chunks
- 1 ripe avocado, peeled, cut in pieces
- 1 teaspoon lemon juice
- 2 Tablespoons unsweetened cocoa powder
- 1 Tablespoon organic almond or peanut butter
- 1 Tablespoon natural maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened almond milk
- 2 Paleoalloy Dark Chocolate Chip Superfood Bars, divided

Tart Cherry Surprise

1/2 cup dried cherries

3/4 cup water

Garnish: 4 to 6 fresh raspberries or cherries; mint sprigs as desired for serving plate.

Place banana chunks, chopped avocado, and lemon juice in food processor; process to combine. Add cocoa powder, almond butter, maple syrup, and vanilla. Pulse to combine; add almond milk; process until smooth and fluffy. Break 1 Superfood Bar into large pieces; add to pudding; process in food processor to chop into very small crumbs. Spoon pudding into small bowl; cover with plastic wrap; place in refrigerator to chill several hours.

Prepare Crumbs for Topping: Place remaining Superfood Bar in small food processor; process until fine ground. Remove to small bowl. Cover; set aside for serving.

Prepare Cherries: Place water in microwave-safe 2 cup glass bowl; stir in dried cherries. Cook in microwave high power for 1 minute; remove from microwave; stir; cool to room temperature; cover; store in refrigerator until serving.

To Serve: Remove cherries and pudding from refrigerator; stir pudding. Place a spoonful of chilled cherries into bottom of each (2 to 3 Tablespoon) custard cup serving dish; spoon chilled pudding into each dish; sprinkle the top of each dessert with grated Superfood bar crumbs. Top with fresh berry or cherry. Yield: 4 to 6 custard cup servings

About the Recipe: Imagine a dessert so smooth, fluffy, and filled with tiny bits of dark chocolate! Now add juicy tart cherries and a touch of chocolate crunch. You are in for a big surprise because this delightful dessert is nutrient-dense, antioxidant-rich, and filled with organic goodness. In fact, you'll get 10 of the world's most powerful superfoods in each delicious bite. Oh yes, this is really a dessert to enjoy after dinner.