



Light & Dark Layered Chocolate Pudding

Chilling in the refrigerator, it forms layers to swirl together

- 1/3 cup unsweetened almond milk
- 2 Tablespoons unsweetened cocoa powder
- 1 frozen banana, cut into chunks
- 1 ripe avocado, peeled, cut in pieces
- 1 teaspoon lemon juice
- 1 teaspoon ground cinnamon
- 1 Tablespoon organic almond butter
- 2 Tablespoons natural maple syrup
- 1 teaspoon pure vanilla extract
- Optional garnish pinch of sea salt, strawberry slices, banana slices

Make a Chocolate Liquid: Mix almond milk with cocoa powder to form a chocolate milk. Set aside.

Prepare the Pudding: Place banana chunks, chopped avocado, and lemon juice in food processor; pulse to chop; process to combine. Add cinnamon, almond butter, maple syrup, and vanilla. Pulse to combine; add reserved almond milk mixture slowly; process until smooth and fluffy. Spoon pudding into 4 (1/2 cup) bowls or 2 (one cup) bowls; cover with plastic wrap; place in refrigerator to chill several hours or overnight.

Swirl the Layers: Remove plastic wrap. With a spoon handle, swirl the light and dark chocolate layers together. Cover; set aside in the refrigerator until serving.

Add a Garnish: If desired, add a small pinch of sea salt to enhance the chocolate flavor. Top each pudding with strawberry or banana slices.
Yield: 4 small or 2 large chocolate puddings

About the Recipe: I love something that forms itself into different layers. This recipe will turn into light and dark chocolate layers as it sits in the refrigerator. Just a few turns through the pudding will produce a swirled top. If you chill it again, it will produce a liquid in the swirls. This is fun recipe to enjoy that is even healthy for you.