



## **Berry Chocolate Chia Pudding**

*Avocados and berries magically turn into chocolate tapioca tasting pudding*

- 1 cup pitted whole dates
- 1 cup boiling water
- 1 teaspoon lemon juice
- 1 small ripe avocado, peeled, pitted
- 1-1/8 cup mixed strawberries and blueberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons almond butter
- 3/4 cup prepared date syrup\*
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1-1/4 cups almond milk
- 1/4 cup chia seeds

Garnish: As desired: berries, chopped nuts, or mini dark chocolate chips

**To Prepare a Date Syrup:** Place dates in boiling water; set aside for 1 hour to soften. Place dates, hot water, and lemon juice in food processor; process to puree dates until very smooth. Remove; store in tight fitting jar in refrigerator for up to 2 weeks.

**To Prepare Pudding:** Place avocado flesh, berries, cocoa power, almond butter, 3/4 cup prepared date syrup, almond extract, and vanilla extract in food processor; mix to puree ingredients. Slowly add 1 cup almond milk or as needed; mix until completely smooth. Place in medium sized bowl; stir in chia seeds.

Cover with plastic wrap; place in refrigerator about 8 hours or pudding consistency. Spoon into serving dishes. Garnish with berries, chopped nuts; or mini dark chocolate chips as desired.

Serves: 4 to 6

**Recipes inspired by:** Michael Greger, M.D., *The How Not to Die Cookbook*, 2017.

**Cook's Note:** In place of using mixed fruits, you can use all strawberries or any other berries. Use 1/2 cup date syrup to reduce sweetness if desired. For a quick trick: use the microwave to boil water to soften dates. If pudding is too thick, add more almond milk.

**About the Recipe:** This recipe is amazing! When you mix all the ingredients together, you start to wonder if it will really turn into a pudding, but as it chills, it magically thickens lightly into a rich chocolate pudding with the chia seeds swirling throughout the pudding like tiny tapiocas. Spoon into pudding cups, fancy glasses, or chocolate dessert cups; garnish with your favorite berries, nuts, or mini chips. Anything in a chocolate cup must be delicious.

### **Making Chocolate Covered Serving Dishes or Cups:**

8 to 10 ounces bittersweet chocolate, chopped, melted or use chocolate flavored candy coating, cut into pieces

Cover serving cups or dishes: 6 glass dishes, 2 to 3-1/2 inches at base 6 (2 -3 inch) narrow jars to place under chocolate coated cups

Completely wrap exterior of dessert cups with foil squares tightly; overlap ends over dish at top. Press out any air bubbles.

Melt chocolate in small microwave safe bowl on medium power, about 3 minutes; stir each minute until melted and smooth.

Dip foil wrapped dishes into chocolate to depth of 1-inch, allow excess to drip back into melted chocolate. Place dish, chocolate side up, over 2 or 3-

inch jars on foil lined tray to spread chocolate on sides; refrigerate until set (may take a few hours).

If necessary, heat chocolate as directed above and dip or spread with melted chocolate again (i.e. especially sides). Refrigerate again until set. It may be necessary to triple coat your cups to reduce breaking the finished chocolate cups. Carefully remove chocolate coated foil from dish, then carefully remove foil from chocolate (i.e. especially loosen top edges).

To Serve: Spoon about 1/3 cup filling into each chocolate cup; top with 2 Tablespoons desired fruit slices. Serve immediately. Serves: 6 desserts

**Cook's Note:** We did have to triple coat our cups and it was difficult to remove the chocolate cups without breaking them. Another option would be to purchase already made chocolate cups.

**Recipe Inspired by:** *Classic Pillsbury Cookbooks Chocolate Lovers. 1990*