



## Healthy Chocolate Puddings

### Mint Chocolate Pudding

◦6 avocados, seeded      ◦2/3 cup maple syrup      ◦2/3 cup cacao powder      ◦20 mint leaves

Place all ingredients into a blender or food processor and process until smooth and creamy. Use as a dessert dip for fruit or serve as a pudding. Garnish with extra mint leaves and enjoy! Makes 8 regular-sized servings.

### Chocolate Banana Pudding

Step 1: First gather your ingredients: 8 very ripe bananas (the riper they are the sweeter they will be), and about 1 cup of 100% cocoa powder (baking cocoa with no sugar added).

Step 2: Next peel the bananas and break them into pieces in a small bowl.

Step 3: Now mash the bananas with a fork.

Step 4: Next add in your cocoa powder.

Step 5: Keep mashing and mixing the bananas till all the cocoa powder is incorporated. Take tastes as you go along and see if you would like to add more cocoa.

Step 6: You are now done and can garnish with sliced almonds, banana slices or dried coconut. Enjoy! And try this pudding as a spread on toast or bread, too!

Makes 8 regular-sized servings.

**Which chocolate pudding do you like better and why?**

**Please describe the taste, texture and smell of your favorite pudding:**