

CHOCOLATE TOFU PUDDING

Serves 6

INGREDIENTS

- 1 package organic silken tofu, drained
- 1 ¼ cup cacao powder
- ¼ cup coconut nectar or monk fruit (or less)
- 2 Tbls. vanilla extract
- 5-10 drops peppermint Stevia (optional)
- ¼ tsp. sea salt
- Optional Toppings: ½ cup mini chocolate chips, Raspberries or chopped strawberries, pomegranate seeds, mint leaves, unsweetened coconut



INSTRUCTIONS

1. In the bowl of a food processor, combine all ingredients and process until smooth. Stir in chocolate chips if desired.
2. Top with preferred toppings.

CHOCOLATE AVOCADO PUDDING

Serves 5

INGREDIENTS

- 4 Ripe Hass avocados, peeled and pit removed
- 1/4 cup unsweetened chocolate (preferred), or vanilla non-dairy milk, at room temperature
- 3 to 5 tablespoons unsweetened cacao powder
- 2 teaspoons vanilla extract
- 1/4 teaspoon fine salt
- 2 to 3 ounces dark or bittersweet chocolate (optional for VERY chocolatey flavor)
- 1/4 cup (or less) coconut nectar or monk fruit
- *Optional add-ins:*
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/2 teaspoon almond extract
- 1/2 very ripe banana
- Topping: Raspberries or chopped strawberries; whipped coconut cream



INSTRUCTIONS

3. If using additional chocolate, melt it in the microwave by stirring every 30 seconds until smooth.
4. Add all ingredients and optional ingredients to a food processor and blend until smooth. Top with berries, coconut cream and some shaved chocolate as desired.

Source: www.kitchn.com