



Chocolate-Lover Pudding

With seven simple ingredients you can whip up this lovely dessert last minute to enjoy on Valentine's Day! This treat for two is vegan, dairy-free, and low sugar.

Ingredients:

- 1/2 avocado
- 1/2 cup fresh coconut milk
- 3 tablespoons raw cacao powder
- 1 medjool date, pitted
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 teaspoon stevia

Directions

Place all ingredients in a blender and blend until smooth. If not using a high-speed blender, you may need to stop and move things around with a spatula to help blend.

Optional: Place in refrigerator for 20 minutes to serve chilled. You can add sliced strawberries and chopped hazelnuts to add texture and sweetness.