

AVOCADO, COCONUT, AND CACAO PUDDING

Vata ↓↑, Pitta ↓, Kapha ↑

Serves 2 to 4 / Prep time: 10 minutes

- 2 medium, ripe avocados
 - 2 tablespoons cacao powder (reduce to 2 teaspoons for Vata)
 - 3 tablespoons maple syrup
 - 1 teaspoon vanilla extract (increase to 2 teaspoons for Vata)
 - 1/2 to 3/4 cup raw coconut water
 - Shredded coconut, for garnish
1. Scoop the meat out of the avocados. Place them in a bowl if you are using a hand blender. If you are using a regular blender, you can add them directly into the blender canister.
 2. Add in the raw cacao powder, maple syrup, vanilla, and 1/2 cup of the coconut water.
 3. Blend on medium to high speed until the mixture is smooth and there are no chunks. Make sure the cacao is evenly mixed. If the pudding seems too thick, add in an additional 1/4 cup of the coconut water and blend again.
 4. Place the pudding in a covered bowl and store it in the refrigerator. Let this mixture chill for at least an hour (optional but recommended) before serving.
 5. Serve into individual bowls and sprinkle each one with shredded coconut.
 6. Indulge and energize. Enjoy this treat as a decadent snack or healthy dessert.
 7. This is a delicate dessert and will only last 1 to 2 days in the refrigerator.