



# The Wholeness Chef

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## Raw Chocolate Pudding

*Chocolate pudding is my favorite easy dessert. This recipe is a great way to get in healthy fats from avocados and coconut. It's dairy and egg-free and does not require any cooking. It whips up in minutes and will leave you wanting more.*

– Dr. Mary Rondeau | The Wholeness Chef

### Ingredients:

2 ripe, organic Avocados  
1/2 cup packed, pitted Medjool Dates  
1/3 cup natural Cocoa Powder  
1 Tbsp Vanilla Extract  
1 Tbsp brewed, Dark Coffee (optional)  
3 Tbsp Maple Syrup  
1/2 cup full fat Canned Organic Coconut Milk  
1/8 Tsp salt

### Directions:

1. Add the dates to a food processor and process until dates are pureed.
2. Add in cocoa powder, maple syrup, coffee, vanilla and salt and blend until smooth.
3. Scrape sides down and pulse again until all chocolate is incorporated. Can be enjoyed as a frosting at this stage.
4. Drizzle in coconut milk to desired consistency with the food processor on. Adjust sweetness as needed by adding in more maple syrup. Consistency can also be adjusted by adding in more coconut milk.
5. Transfer to a storage container and refrigerate at least one hour before serving for best results, but it can be eaten immediately. Pudding will become sweeter and thicker as it cools in the fridge.

Variations:

1. Replace maple syrup with brown rice syrup or sorghum syrup.
2. Add in 1/2 to 1 Tsp of Hazelnut or Almond Extract and cut Vanilla Extract by half.
3. Add in 1 ripe Banana for chocolate/banana pudding.

Makes about 2 cups. Serves 8.