

CHOCOLATE CHIA AVOCADO PUDDING FIT

Serving size: $\frac{1}{2}$ cup

Makes 8 servings

- 3 $\frac{3}{4}$ cup Avocado, pulp
- 2/3 cup Maple Syrup
- $\frac{1}{2}$ cup Baking Cocoa
- 2 tsp Chia Seeds
- $\frac{1}{2}$ cup Soy Milk
- 1 tsp Vanilla Extract
- $\frac{1}{2}$ cup Fat Free Greek Yogurt

Preparation:

1. Cut avocados in half, discard pits. Scoop flesh from avocados.
2. Combine all ingredients in a blender. Blend until smooth. Portion pudding into serving dish/dishes and allow to sit in refrigerator for 30 minutes to allow chia seeds to thicken.

Note: Recommend serving this the same day it's made, since avocados will oxidize.



Registered Dietitian Approved!

NUTRITION FACTS PER SERVING

calories	190
total fat (g)	9
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	20
total carbohydrate (g)	27
dietary fiber (g)	6
sugar (g)	18
protein (g)	4