

# CHOCOLATE CHIA AVOCADO PUDDING FIT

**Serving size:** ½ cup

**Makes** 8 **servings**

- 3 ¾ cup Avocado, pulp
- 2/3 cup Maple Syrup
- ½ cup Baking Cocoa
- 2 tsp Chia Seeds
- ½ cup Soy Milk
- 1 tsp Vanilla Extract
- ½ 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.



## NUTRITION FACTS PER SERVING

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

functional **FOODS'**  
AVOCADO

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