

# Chocolate Avocado Pudding with Granola & Fruit



Your family might not believe how delicious avocado and banana can be in this nutritious chocolate “pudding” (We won’t tell if you don’t!). This velvety gluten & dairy-free pudding is also a lovely fruit dip. Sprinkle our gluten- and nut-free granola on top, (goes great with yogurt too, or enjoy by the handful as a to-go snack). What a satisfying breakfast or after dinner dessert. We recommend you savour each spoonful; lick the bowl if you must!



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## INGREDIENTS

### Granola

750 ml gluten-free rolled oats  
100 ml unsweetened coconut flakes  
100 ml hemp seeds  
100 ml pumpkin seeds  
100 ml dried cranberries  
40 ml coconut oil  
100 ml pure maple syrup

### Pudding

2 very large avocados, slightly brown, with some green remaining (see first tip)  
2 medium bananas, yellow (not green)  
25 ml coconut sugar  
50 ml unsweetened chocolate or cocoa powder (not hot chocolate mix)  
Dragon fruit, peeled & sliced to decorate  
Blueberries & coconut flakes to decorate.

## METHOD

SERVINGS: 4 to 6

### Granola

1. Preheat oven to 300F
2. Combine all ingredients in large bowl except oil and syrup. Set aside.
3. In sauce-pan, add together oil and syrup over medium heat. Stir until oil is melted. Take off heat.
4. Add the syrup mixture to the large bowl of dry ingredients. Stir mixture well. Let rest for a minute. Then stir again to really combine all ingredients.
5. On a cookie sheet lined with parchment paper, distribute granola mixture evenly.
6. Place granola in oven, on middle rack, for 15 minutes. Take out of oven and stir. Return to oven to bake for another 15 minutes. Repeat once more for a total of 45 minutes of baking. Take out and cool.
7. When cool, pour granola in a large glass jar. Makes approximately 5 cups. Store in fridge to keep fresh for up to 4 weeks.

### Pudding

1. Use a knife to cut the avocado length-wise until you hit the stone. Use your hands to twist the two halves apart. The stone should be left in one of the halves. Remove this stone by sticking a knife in and prying off.
2. Take off the skin of each avocado piece: it may help to use your fingers to “peel” this layer off. Or remove with a spoon.
3. Add the avocado to a food processor.
4. Peel and slice the bananas and add to avocados in food processor.
5. Add cocoa powder and coconut sugar.
6. Blend these ingredients, pausing every once in a while to scrap down the sides, until very well blended. The consistency should be very creamy.
7. Distribute 4 to 6 portions—depending on how hungry everyone is, and if eating as dessert or breakfast—in serving bowls or glass jars for portability. Alternatively, you can scoop all into one container to serve later. Store covered in the refrigerator.
8. Eat within 24 to 36 hours for best taste.

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## To serve

Spoon pudding into bowls or jars. Add a layer of granola and top with assorted, colourful fruit like blueberries, dragon fruit and gooseberries. Add more coconut flakes or any other toppings of your choice.

## Tips

**Filling:** the combination of pudding, granola and fruit is very filling. Less is more in this case. You'll still be satisfied! You just don't want to overeat because you can get full very fast.

**No banana:** if you prefer not to use bananas in the pudding, add one more avocado and add an extra 15 ml of coconut sugar.

**Avocado:** Don't use mushy dark brown avocados, they'll be overripe and alter the taste. Consider purchasing greener avocados and wait a few days before making the pudding. During this time you can prepare the granola and have it ready to assemble with the pudding once the avocados ripen.

**Granola:** store leftover granola in a jar in the fridge for easy use. Best fresh and used within a few weeks. Perfect base for any trail mix (add nuts or other dried fruit if you like), or wonderful as is to satisfy and provide energy.