

Chocolate Chia Avocado Pudding

Portion Size: 1/2 Yield: 8

Ingredients:

Avocado, whole	1-1/4 lb. (this is weight of whole avocados, with pits and skin)
Pure Maple Syrup	2/3 cup
Cocoa, baking	1/2 cup
Chia Seeds	2 tsp
Plain Soy Milk	1/2 cup
Vanilla Extract	1 tsp
Fat Free Plain Greek Yogurt	1/2 cup

Preparation:

1. Cut avocados in half, discard pits. Scoop flesh from avocados.
2. Combine all ingredients in a blender. Blend until smooth.
3. Refrigerate for at least 30 minutes prior to serving.

RD Note: Any kind of milk can be used for this recipe.

CHEF Note: For best flavor, consumed within 2 days.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
190	4	27	5	18	9	2	20



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