

Chocolate Avocado Pudding

Rich, creamy chocolate avocado pudding that's vegan, dairy-free, and ready in 5 minutes. A healthy dessert packed with good fats and chocolate flavor.

5 min

PREP

5 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 avocado
- 2 tbsp cocoa powder
- 1 cup coconut milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp sea salt

Instructions

- 1 Prepare the avocado**

Cut 1 ripe avocado in half lengthwise with a sharp knife. Twist the halves apart and remove the pit with a spoon. Scoop all the flesh into a blender or food processor.
- 2** Add 1 cup non-dairy milk, 2 tablespoons cocoa powder, 1 teaspoon vanilla extract, and 1 teaspoon salt to the blender with the avocado.
- 3 Blend the pudding**

Blend on high speed for 60 seconds until completely smooth and creamy. Stop halfway through and scrape down the sides with a spatula to ensure even blending.
- 4** Add 2 tablespoons maple syrup and blend for another 30 seconds until fully incorporated. Taste and add more maple syrup if you prefer it sweeter.
- 5** Check the consistency - it should coat the back of a spoon. If too thick, add milk 1 tablespoon at a time and blend briefly until smooth.

6 **Chill and serve**

Divide the pudding evenly between 2 serving bowls or glasses. Cover each with plastic wrap, pressing it directly onto the surface to prevent a skin from forming.

7 Refrigerate for at least 30 minutes to allow the pudding to set and the flavors to meld before serving.

Tips

Choose avocados that yield slightly to pressure but aren't mushy – they should feel like a ripe pear.

Chill your avocados overnight before making the pudding for the best texture and to help prevent browning.

Use unsweetened cocoa powder rather than sweetened chocolate powder for better flavor control.

Blend for a full 60 seconds, scraping sides halfway through, to ensure completely smooth texture.

Add liquid gradually if the mixture seems too thick – you can always add more but can't take it away.

Press plastic wrap directly onto the pudding surface before refrigerating to prevent oxidation.

For extra richness, add 1 tablespoon of coconut cream or cashew butter while blending.

Taste and adjust sweetness after blending – avocado ripeness affects natural sweetness levels.