

# Chocolate Avocado Pudding

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-avocado-pudding-recipe>

## Ingredients:

- 1/2 avocado ripe
- 3 tablespoons cocoa powder
- 2 bananas ripe
- 2 tablespoons chocolate powdered peanut butter, substitute for nut butter
- 1/3 cup almond milk

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 75 grams
3. Fat: 19 grams
4. Fiber: 19 grams
5. Protein: 10 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 55 milligrams
8. Sugar: 32 grams

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