

Mexican Chocolate Pudding

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chocolate-pudding-made-with-tofu>

Ingredients:

- 1 avocado
- 2 1/2 tablespoons cocoa powder
- 1/16 teaspoon ground cayenne pepper
- 1 teaspoon ceylon cinnamon
- 1 tablespoon coconut milk
- 1 tablespoon sweetener coconut sugar, agave, maple syrup or erythritol work!
- 1/2 teaspoon pure vanilla extract
- 1 pinch stevia
- 1 pinch sea salt pink Himalayan

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 24 grams
3. Fat: 18 grams
4. Fiber: 10 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 200 milligrams
8. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Mexican Chocolate Pudding above. You can see more 17 recipe for mexican chocolate pudding made with tofu Taste the magic today! to get more great cooking ideas.