



Cherry Chocolate Pudding

INGREDIENTS

- ½ ripe Hass avocado, halved and pitted
- 1¼ cup dark, sweet (frozen) cherries
- 3 tablespoons unsweetened cacao powder
- 2 tablespoons almond butter
- ½ cup pitted dates
- ¾ cup almond milk
- 1 pear, cored and stemmed
- 1 banana (optional)
- ¼ cup chia seeds (optional)

DIRECTIONS

1. Skin the avocado and place in high-speed blender. Add everything else.
2. Blend until smooth.

Servings: about 4-5

VERY LOOSELY ADAPTED FROM *The How Not to Die Cookbook*, by Michael Greger, M.D., FACLM,
(Recipes by Robin Robertson) p. 200

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