



Dark Chocolate-Raspberry Pudding

SERVES: 2

SERVING SIZE: ABOUT 1/2 CUP

CHOICES: 1 CARBOHYDRATE, 2 FAT

Ingredients

1 large fully ripened Hass avocado, peeled and pitted
3 tablespoons no-sugar-added raspberry or black raspberry jam
2 tablespoons unsweetened cocoa powder
1/2 teaspoon pure vanilla extract
1/4 teaspoon plus 1/8 teaspoon sea salt
1/4 teaspoon raspberry-flavored red wine vinegar or aged balsamic vinegar
6 fresh or thawed frozen raspberries

1. Place the avocado, jam, cocoa powder, vanilla extract, salt, and vinegar in a food processor or the bowl of an electric mixer. Blend until smooth and fluffy, about 2 minutes, scraping down the sides as needed.
2. Transfer the pudding to small dessert dishes. Chill for at least 1 hour to allow flavors to mingle, top with the raspberries, and serve.



Calories 170, Calories from Fat 100, Total Fat 11g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 450mg, Potassium 435mg, Total Carbohydrate 20g, Dietary Fiber 8g, Sugars 9g, Protein 2g, Phosphorus 80mg