

Deb's Glowing Raw Chocolate Pudding

3 bananas
3 T almond butter (usually I have 1 T of PB and 2 almond butter)
5 T unsweetened cocoa, raw cacao or carob (I usually do 2 Cocoa/3 carob)
1 tsp vanilla (non-alcohol)
3 date rolls
½ cup canned pumpkin (usually organic)
1 tsp cinnamon

Put all ingredients in food processor and blend until smooth. Chill. You can use a good blender but it is more challenging to clean up.
Makes 5 servings

Raw Chocolate Pudding

1 medium sized ripe avocado
1/2 cup dates
2 1/2 tablespoons raw organic cacao or unsweetened cocoa powder
1/4 cup water + 1/8 cup water
pinch stevia
1/8 teaspoon sea salt (or less)

Blend and blend again. You might need to start and stop this a few times to get it to blend properly because the dates will require more blending than pudding recipes that don't contain dates. You may need to add a tiny bit of extra water to facilitate blending. You may want to soak dates in a warm water for an hour or so, so that they are soft and easier to blend, especially if you do not have a high-speed blender. Tastes best when chilled in the fridge for at least a few hours.

Deb's Quick Chocolate or Carob Pudding

2 ripe bananas (can use frozen)
½ cup almond or coconut milk
1 T Unsweetened cocoa or carob
2 T shredded coconut
2 dates or 1.5 date nut roll

Put all in blender for a few seconds; chill in fridge
Makes 1-2 small servings

Oh She Glows Raw Chocolate Pudding

3 bananas
½ avocado

¼ cup almond butter (no sugar)
4-5 T unsweetened cocoa, raw cacao or carob
1 tsp vanilla (non-alcohol)
pinch Himalayan salt

Deb's option: I add 2 dates or 1.5 date nut roll because there is no sweetness to pudding otherwise

Put all ingredients in food processor and blend until smooth. Chill. You can use a good blender but it is more challenging to clean up.

Makes 5 servings