

Chocolate Avocado Dip/Pudding

Prep: 5 minutes

Serves 1

Ingredients

½ avocado, mashed

1-2 tablespoons unsweetened cocoa powder (based on taste)

2 teaspoons honey

1 teaspoon of any nut butter

Pinch of salt

Directions

1. Mash up avocado.
2. Add in cocoa powder, honey, nut butter and pinch of salt. Mix thoroughly.
3. Eat immediately or refrigerate until ready to serve.
4. Serve with sliced apples or graham crackers.

www.buildbetterhealth.com