



OC Holistic Beauty Recipes

# of Servings:	Recipe:	Prep Time:
2-3	Sneaky Chocolate Pudding	5 min.

Enjoy! Xoxo, Sherry

INGREDIENTS

- 1 medium-sized avocado
- 1/4-1/2 cup coconut or cashew milk
- 1/2 c raw cacao powder
- 2-4 tbsp raw honey
- 1 tsp vanilla extract
- pinch salt
- liquid stevia, to taste

DIRECTIONS

- Add all ingredients to a high powered blender and blend until smooth, using the tamper to move the ingredients through the blades
- Start with 1/4 cup milk and add more to create a lighter texture
- Top with your favorite toppings or layer with whipped cream or ice cream to make a parfait
- Enjoy!