



Maca-avacado Pudding



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Amount	Ingredient
• 8	Medjool Dates, pitted
• 1/2 cup	Filtered Water
• 3	Medium, soft Avocados
• 1 cup	Coconut milk
• 1/4 cup	Uncle Tom's Honey
• 6	Tablespoons of Cacao powder
• 1	Tablespoon of Maca powder
• 1	Tablespoon Coconut Butter
• 2	tsp Vanilla
• Pinch	Sea salt

Instructions

Place dates in blender with water, make sure the water covers the dates well. Let them soak for 30 minutes.

Then add everything else and blend until smooth and creamy. You may need to add a little more coconut milk if it seems dry.

Put into little serving dishes and consider topping w coconut whip (coco whip) cream :) yum! And great for you!!!



How to make Maca-avacado Pudding



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