



BANANA AND CHOCOLATE PUDDING

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 5 mins

Cook time: Nil

Serves: 4



INGREDIENTS

- 1 banana, peeled and chopped
- 1 avocado, peeled, seeded and chopped
- 1 cup coconut milk yoghurt
- 1 cup dextrose powder
- ½ cup honey
- 2 tsp lemon juice
- ¼ cup cacao nibs
- ¼ cup desiccated coconut, unsweetened
- pinch pink salt

METHOD

- Place all ingredients in blender, and beat until smooth with cacao bits.
- Pour into serving dishes and chill for several hours, until set.
- Serve with fruit such as berries, coconut and mint, or coconut yoghurt.