Chocolate Avocado Pudding

INGREDIENTS

1 ripe avocado; pitted and scooped out of skin

3 TBSP unsweetened cocoa powder

2 TBSP raw honey

¼ cup milk (or you can use almond, cashew, or coconut)

1 TSP vanilla

DIRECTIONS

Place all ingredients into a food processor. Puree until smooth. Spoon into small serving cups. Chill for a couple of hours then serve alone or garnished with berries of your choice. Makes 3 servings; 180 calories each.