

## Avocado Pudding or Frosting

### Ingredients:

- 3 ripe Hass avocados
- 2 tbsp. maple or agave syrup
- 2 tbsp. coconut sugar or raw honey
- 6 tbsp. roasted carob powder
- ½ tsp. cereal coffee
- 1 tbsp. almond or peanut butter (optional)
- 1 tsp. vanilla extract or 1 vanilla bean
- a pinch of sea salt

### Instructions:

1. Place all ingredients in a food processor and pulse 3-4 times before blending on high for 1-2 minutes or until well combined. You may need to stop the machine to wipe down the sides with a spatula.

**Tip:** Use as cake or cupcake frosting, or serve as a pudding for a simple and quick dessert.