

Chocolate Brain Pudding

(serves 1-2)

1 ripe avocado

½ ripe banana

2 T raw cacao powder (or standard cocoa powder to get you started)

3 T agave nectar (or maple syrup)

Optional:

A dash of sea salt

A dash of cinnamon (another heart healthy super food)

Mix all ingredients in a blender or food processor. Add a touch of water or milk if you like a creamier texture. Chill and serve.

Enjoy!

