

THE RAW PIRATE GOURMET

Really Dangerous Chocolate Pudding

6-8 dates soaked (keep the water)

1 1/2 T vanilla

2 - 3 T agave nectar

2 - 3 ripe avocados

1/2 c raw carob powder

1/4 c raw chocolate powder

1/4 c cacao nibs

1 ripe plum

2 mint leaves (optional)

Using a food processor, process dates, vanilla and agave until smooth.
(if you like your foods extra sweet or you're making this for kids,
you can add a little organic Grade B Maple Syrup.)

Next, add in the avocado, chocolate powder and carob.
Add the cacao nibs (to taste) and plum to the mixture and process.

At this point you can check your pudding to see if the consistency
is right. If it needs thinning add a little bit of your saved date water.
This will also sweeten it more.

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