

WHO DARES SLIMS - RECIPE

Avocado Chocolate Pud (Vegan!)



Ingredients

- 100g dark chocolate (>80%)
- 1l unsweetened almond milk
- 3 small avocados
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon agave syrup
- A pinch of salt

Preparation

1. Melt the dark chocolate over a bain marie.
2. Add all the ingredients into a food processor and blitz until smooth.
3. Decant into cute ramekins or pots (makes around 8-10 puds)
4. Enjoy!

Tips

If you prefer, swap the agave for honey, but it will no longer be a vegan recipe

Decorate with fruit (ideally raspberries) to make it a dinner party talking piece.