

Ingredients:

- ☐ 1 Large ripe avocado
- ☐ 1/4 Cup coconut milk
- ☐ 8 Oz. Dark chocolate or
bittersweet chocolate (Dairy free)
- ☐ 1 Teaspoon vanilla extract
- ☐ 2 Teaspoons of honey
- ☐ 4 Raspberries (1 for each serving)



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Chocolate bowls: over medium heat, set up a double boiler (a pot of boiling water on the bottom, and a heat-resistant bowl with chocolate on top).

Place Chocolate in top bowl, mix and allow chocolate to melt.

Then remove from heat, and let cool.

Next, blow up 4 small balloons, and dip them into the melted chocolate about 1/3 of the way up.

Then set the balloons down on a baking sheet. Once chocolate has

Hardened, pop the balloons with a pin and remove the

Chocolate serving bowl that has formed.

To make the pudding, place pitted and skinned avocado in food processor along with: remaining melted chocolate, coconut milk, vanilla extract, and honey.

Pulse until creamy.

Place pudding mixture into a piping bag (or use a resealable bag and cut the corner), squeeze the pudding through and into the chocolate bowls.

Serve your pudding inside the edible chocolate cups and garnish with

1 raspberry in the center of each.