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ABC Pudding

Calories per serving: 342

of servings: 2

TOTAL TIME: 10 minutes

Ingredients

- 2 ripe bananas, sliced
- 1 small avocado, ripe but not mushy, diced
- ¼ cup unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 4 tablespoons maple syrup
- 1 pinch kosher salt
- *Optional toppings: mixed berries, toasted coconut flakes, banana slices, granola, toasted nuts*

Directions

1. Add the banana and avocado to the bowl of a food processor or blender and mix until completely smooth. Scrape down the sides of the bowl or pitcher and add cocoa powder, vanilla, maple syrup, and salt.
2. Transfer the pudding to a bowl, cover with plastic wrap and refrigerate for 15-30 minutes.
3. Divide the pudding into cups or bowls and top with toppings of your choice.