



## ADVANCE BIOMEDICAL TREATMENT CENTER

35 Jolley Drive Suite 102 Bloomfield, CT 06002

Tel 860.242.2200 Fax 860.242.2212 [www.AdvBioMedTx.com](http://www.AdvBioMedTx.com)

### **ComfyBelly Chocolate Pudding**

#### **Ingredients (3 servings)**

- 2 cups avocado (about 2 medium avocados)
- 1 cup of unsweetened cocoa powder
- 1/2 cup + 2 tablespoons maple syrup
- 1 teaspoon of vanilla
- organic raspberries and [raw cacao nibs](#) for garnish

Optional: To make it a bit lighter (as in milk chocolate pudding), add about 2 tablespoons of milk (almond, coconut, or other kind) and blend well.

#### **Method**

1. Add all the ingredients in a food processor or blender and whirl until it is creamy and fully blended. Scrape the sides to get all the cocoa powder in the pudding.
2. Chill for 30 minutes and then eat!