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California Date & Avocado Chocolate Pudding

Recipe by California Dates | Photo by California Dates



This velvety pudding is a nutrient-rich special treat made with whole food ingredients like ripe avocado and naturally sweet dates—no added sugar needed. An excellent source of fiber with heart-healthy fats, it's a better-for-you-swap for traditional chocolate pudding. Best of all, it comes together in just 10 minutes!

🕒 10 min prep time 🍽️ 2 servings 🥄 1/2 cup

Step-By-Step Instructions:

1. Soak the dates in warm water for 5 minutes to soften, then drain. Set aside a few small pieces to garnish the dish.
2. In a food processor or high-speed blender, combine the remaining dates, avocado, almond milk, 2 ½ tablespoons of cocoa powder, vanilla, cinnamon, and sea salt. Blend until completely smooth and creamy, stopping to scrape down the sides if needed.
3. Spoon into 2 small bowls or jars and top with raspberries. Garnish with the reserved chopped dates and cocoa powder. Enjoy the pudding immediately or refrigerate for 30 minutes before serving for a thicker, mousse-like texture.

Nutrition Facts

2 Servings

Serving Size 1/2 cup

Amount per serving

Calories 200

% Daily value*

Total Fat 12g 15%

Saturated Fat 1.5g 8%

Ingredients

California dates (pitted and chopped) 4 whole

avocado (California, pitted) 1 whole

unsweetened almond milk 1/4 cup

unsweetened cocoa powder 2 1/2 tbsp + 1/16 tsp (divided)

vanilla extract 1 tsp

ground cinnamon 1/4 tsp

Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	32%
Total Sugars 10g	
Added Sugars 0g	0%
Protein 2g	
Potassium 770mg	16%

Fine Sea Salt	1/16
fresh raspberries (for topping)	6 whole