

# Recipe

## Jeweled Avocado–Chocolate Pudding

Avocado goes incognito in this luscious, creamy vegan pudding that takes all of five minutes to whip up. Pomegranate seeds are the crown jewels topping the rich chocolate dessert. For ease, look for cups of pomegranate arils (seeds) in the produce section of the supermarket. Garnish with orange segments for an added burst of color.

By Shelli McConnell

**Yield: 6 Servings | Preparation Time: 5 minutes |  
Cook Time: 4 hours 10 minutes**

### INGREDIENTS

- ripe avocados, halved, seeded, and peeled
- 2 ripe bananas
- $\frac{3}{4}$  to 1 cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
- $\frac{1}{2}$  cup unsweetened cocoa powder
- 6 Medjool dates, pitted and chopped (3 oz.)
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$  teaspoon orange zest, plus more for garnish
- $\frac{1}{2}$  cup pomegranate seeds
- Orange segments or sliced kumquats (optional)



### DIRECTIONS

1. In a blender or food processor combine the first seven ingredients (through orange zest). Cover and blend until smooth, adding more milk if needed to reach desired consistency. Spoon into six 4-oz. canning jars or serving dishes. Cover and chill for at least 4 hours.
2. To serve, top with pomegranate seeds. If desired, garnish with additional orange zest and/or orange segments or sliced kumquats.

Source: [forksoverknives.com/recipes/vegan-desserts/jeweled-chocolate-avocado-pudding](https://forksoverknives.com/recipes/vegan-desserts/jeweled-chocolate-avocado-pudding)