



EPIDEMIC ANSWERS

Avocado Pudding

Recipe courtesy of Vicki Kobliner MS RD www.holcarenutrition.com

2 medium ripe avocados
½ cup carob powder
1 cup agave nectar or raw honey

Blend in blender or Cuisinart until smooth and fluffy. Chill and serve as a treat (like 'regular' pudding!)

Variations:

- Add ½ cup raw cacao instead of carob
- Add less agave or honey and replace with stevia to reduce sugar content
- If no nut or seed allergies, add a few tablespoons of a nut or seed butter like sunflower butter, almond butter, peanut butter or soaked cashews or cashew butter for extra protein.