CHOCOLATE AVOCADO PUDDING

- 53g Avocado flesh
- 3g Cocoa – BOURNVILLE
- 12g Double cream
- 21g Mascarpone - MORRISONS

You will also need ½ teaspoon of liquid sweetener, a few drops of orange or vanilla extract and 20mls of boiling water.

Reserve the cream.
Start by mixing the cocoa with boiling water, this ‘cooks’ it and reduces bitterness, then stir in the sweetener and extract.
Blend the avocado, mascarpone and cocoa mixture.
Place in a serving dish and chill in the fridge for up to 2 hours.
Pour the reserved cream on top and serve.

Mo’s tip: The avocado needs to be ripe.
Sweetness can be adjusted to taste.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.
This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION