



# Cooking Demo

## Chocolate Avocado Pudding

Maybe it's the cold weather, stress from the holidays, or just tradition that makes us crave chocolate and fat this time of year. Whatever the reason, you need to know how to combat these cravings with a healthy sweet treat.

### INGREDIENTS

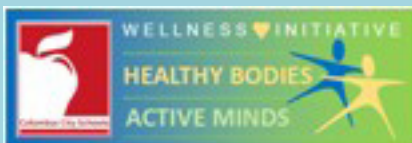
- 1/2 cup unsweetened cocoa powder
- 2 ripe avocados, pitted and peeled
- 1/4 cup skim milk
- 6 Tbsp. honey
- 1 tsp. vanilla



### DIRECTIONS

1. Put avocados, honey, skim milk, cocoa powder, and vanilla in food processor. Blend until smooth.
2. Scoop pudding into a bowl and cover tightly with plastic wrap. Chill in the refrigerator for at least 30 minutes (up to overnight).
3. Serve Chilled and enjoy!

Recipe from: [http://www.huffingtonpost.com/2015/05/19/avocado-chocolate-pudding-recipe-healthy\\_n\\_7308432.html](http://www.huffingtonpost.com/2015/05/19/avocado-chocolate-pudding-recipe-healthy_n_7308432.html)  
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## Yes, Avocado is a Fruit!

Technically speaking, avocado is a type of fruit- specifically a berry. But the nutrition makeup of the avocado is different than many fruits. While most fruits fall in to the carbohydrate food group, avocado's fall into the fat food group.

## Avocados are a nutrition powerhouse!

They contain nearly 20 vitamins and minerals including:

- Potassium: Avocados contain more potassium than bananas. Potassium can help support healthy blood pressure levels.
- Lutein: Lutein is an antioxidant that is crucial for healthy eyes.
- Folate: Folate is important for cell repair and is especially important during pregnancy.
- B vitamins: B vitamins help you make energy from the food you eat.
- Vitamin C and E: Vitamin C and E are antioxidants that protect your cells from damage. Vitamin E also plays a role in healthy skin and hair.
- And more!

## The Skinny on the Fat and Calories:

Avocados are high in fat, but it's a monounsaturated fat. Monounsaturated fats are heart healthy and may help lower your LDL cholesterol (bad cholesterol). Studies show that replacing saturated fat (the unhealthy artery clogging fat) with unsaturated fat, is more effective at reducing the risk of heart disease than simply lowering total fat intake. While avocados are a nutrient rich food, loaded with lots of good stuff, they do contain a lot of calories. Just half of an avocado contains about 150 calories. If you are counting calories or watching your weight, be sure the calories from avocados fit into your eating plan.

### Spread and Dip Nutritional Comparison

	Fresh Avocado	Butter	Sour Cream	Margarine	Cheddar Cheese	Mayonnaise, Regular
Serving Size	2 Tbsp./1 oz. (2-3 thin slices)	1 Tbsp.	2 Tbsp.	1 Tbsp	1 oz. (1 slice)	1 Tbsp.
Calories	50	100	45	100	110	90
Total Fat (g)	4.5	12	4.5	11	9	10
Sat Fat (g)	0.5	7	3	2	5	1.5
Cholesterol (mg)	0	30	10	0	30	5
Sodium (mg)	0	90	10	95	180	90

Nutrition Information	
Serving Size: ½ cup	
Yield: 4 servings	
Calories	250
Total Fat	16 g
Saturated fat	3 g
Monounsaturated fat	10 g
Polyunsaturated fat	2 g
Cholesterol	0 mg
Sodium	17 mg
Potassium	678 mg
Total carbohydrate	41 g
Dietary Fiber	11 g
Protein	5 g

### Other Ways to Eat Avocados:

- Add to a smoothie
- Add a few slices to a salad or blend into a creamy salad dressing
- Substitute avocado for mayonnaise in egg salad or deviled eggs, or add a few slices to scrambled eggs
- As a burger topping
- Spread on toast
- Make guacamole
- Garnish or blend into a soup