

## Avocado, No Chocolate Pudding

- 2 small ripe avocados
- ¼ to 1/3 c. honey (can use only 1 Tbsp to make less sweet)
- ¼ c. carob powder
- 2 Tbsp. coconut milk or rice milk
- 1 tsp. organic vanilla extract
- Pinch of salt
- Pinch of cinnamon substitute (½ coriander + ½ cardamom)

Make sure the avocados are ripe, as unripe avocados will change the flavor. Place ingredients in a high-powered blender or food processor and blend on high until smooth. Chill until serving. Double the recipe for an amazing icing or pie filling. Makes about two cups.

*From the kitchen of Melinda Harris*