

Avocado Chocolate Pudding (aka Chocomole!)

serves 2

Avocado is a good source of dietary fibre, vitamin C, vitamin K, vitamin E, folate and potassium.



Ingredients | Method

1 ripe avocado, pitted
6-10 dates (depending on size of dates and desired) soaked if necessary
½ tsp vanilla
4 heaped tbsp cocoa or 2 tbsp carob powder
½ cup water

Blend avocado, dates, vanilla, cocoa powder and water in a food processor until smooth. Refrigerate pudding until chilled (about 30 mins).

Note: Recipe can also be used as a ganache, cheesecake filling or even a chocolate ganache cheesecake.

Recipe #14 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



640 Forth Road, Forth
Open Mon-Sat | 9am-4pm
Tel. (03) 6428 2013 | 6428 3007
www.purplehousenaturaltherapies.com.au