

Çikolatalı Avokado Puding

Rich, creamy vegan chocolate avocado pudding made in 5 minutes! Dairy-free, low-carb dessert that's healthy and delicious. Perfect keto-friendly treat.

5 min

HAZIRLIK

5 min

TOPLAM

2

PORSİYON

Easy

ZORLUK

Çikolatalı Avokado Puding

Malzemeler

- 1 avocado
- 2 tbsp cocoa powder
- 1 cup coconut milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp sea salt

Yapılış

- Prepare the avocado**

Cut 1 ripe avocado in half lengthwise and remove the pit. Scoop the flesh into a blender or food processor, discarding any brown spots.
- Add 1 cup plant milk, 2 tablespoons cocoa powder, 1 teaspoon vanilla extract, and 1 teaspoon salt to the blender with the avocado.
- Blend the pudding**

Blend on high speed for 60-90 seconds until completely smooth and creamy with no visible chunks of avocado. Stop and scrape down the sides of the blender if needed.
- Add 2 tablespoons maple syrup and blend for another 10-15 seconds to incorporate. Taste and add more maple syrup if desired for sweetness.
- Check the consistency - if too thick, add plant milk 1 tablespoon at a time and blend briefly. If too thin, blend in more avocado or proceed to chilling.
- Chill the pudding**

Divide the pudding between 2 serving bowls or glasses. Cover each portion tightly with plastic wrap, pressing it directly onto the surface to prevent browning.
- Refrigerate for at least 30 minutes until chilled and slightly thickened. Serve cold with desired toppings.

Notlar

Choose ripe avocados that yield slightly to pressure but aren't overly soft or brown. Overripe avocados can make the pudding bitter.

Use unsweetened cocoa powder for the best chocolate flavor without added sugars. Dutch-processed cocoa creates an even richer taste.

Add a pinch of espresso powder to intensify the chocolate flavor without making it taste like coffee.

Chill your avocados overnight before making the pudding for the best texture and to help prevent browning.

Taste and adjust sweetness gradually - you can always add more sweetener, but you can't take it away.

For extra richness, substitute 2-3 tablespoons of the plant milk with full-fat coconut cream.

Add a squeeze of fresh lemon juice to prevent the avocados from browning and to brighten the overall flavor.

If using frozen avocados, thaw them completely and drain any excess liquid before blending for the best consistency.