

Coconut Lime Avocado Pudding

Servings: 6

Ingredients:

- 5 small avocados
- 2 large bananas
1/2 c. finely shredded, raw, organic coconut
- 3 tbsp. pure, organic maple syrup
- 1 lime, freshly squeezed

Combine all ingredients in a food processor or blender and blend/process well until smooth and creamy. Pour in individual small pudding cups or medium sized container and refrigerate for a couple hours. Enjoy!

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 12 mg	0 %
Potassium 768 mg	22 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 11 g	43 %
Sugars 13 g	
Protein 4 g	7 %
Vitamin A	3 %
Vitamin C	27 %
Calcium	2 %
Iron	6 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	