

# SexyFit™

## Raw Chocolate Pudding

Recipe by [Carmen Marshall](#)

This is the yummiest, most decadent, yet healthy desert. Who said healthy can't be incredibly delicious? Eat slowly, savor every yummy, decadent bite...it's a fun desert to make for friends or a special night at home. OR for those certain times when a SexyFit woman just HAS to have her chocolate...this takes it home :)

### Tools

Blender, food processor or Vitamix  
Fancy serving glasses/bowls

### Ingredients & Measurements

1 Avocado  
1/4 of a banana (frozen or fresh)  
6 dates (use 1/2 a banana if no dates available)  
1/2 cup of Chocolate Almond Milk (use more if needed for blending)  
2 Tablespoons of Raw Cacao (Cocoa) Powder OR Raw Carob Powder  
1 Tablespoon of Raw Chocolate Nibs  
2 tsp of Vanilla OR 1 Vanilla Bean (use scissors to cut in 1/4 inch pieces)  
2 tsp Cinnamon  
3-5 Liquid Stevia drops (according to taste)



### How to Make

Blend Avocado, banana, dates, Almond Milk, Cacao, Vanilla Bean and Cinnamon on high speed in food processor for 1-2 min. Add ice if you plan on serving immediately (to make it cold) and more almond milk if it's too thick to mix in a blender. Add in Stevia to taste and then blend in chocolate nibs for 10 seconds so they aren't pulverized (unless you don't like "chewy bits" - then pulverize them with everything else initially). Serves 2, so double for 4 etc.

Serve immediately in little desert bowls or refrigerate. I have some super fancy crystal "glasses" that I serve this desert in...makes it even more special. Feel free to experiment too - ie add in chocolate hemp protein (I like Nutiva's) or chocolate whey protein (I like USANA's) if you want more protein.

## Name Brand of Ingredients

These are the brands I like and use. All of these products are great to have on hand for other raw vegan dishes - you'll use them in many things. If you can't find these brands, just look for raw (when specified) and unsweetened brands. Whole Foods, Trader Joe's, Mother's Market, Vitamin Cottage - all fairly similar for availability of products. When I say "Whole Foods", I mean any health conscious grocery store.

- Unsweetened Chocolate Almond Milk - "Almond Breeze" from Whole Foods
- Raw Cacao/Cocoa Powder & Raw Chocolate Nibs - "Navitas Naturals" or "Sunfood" and there are new raw chocolate brands that are popping up all the time
- Raw Carob Powder - [www.TheRawFoodWorld.com](http://www.TheRawFoodWorld.com) Carob powder has no caffeine. Raw Cocoa does, but it isn't the same caffeine that is in coffee, so unless you are super sensitive to caffeine, you should be fine and can benefit from the anti-oxidants in raw chocolate (and magnesium which makes raw choc a perfect choice for us women when we are craving chocolate :-)
- Vanilla Beans - [www.TheRawFoodWorld.com](http://www.TheRawFoodWorld.com)
- Stevia - English Toffee or any flavor by "Sweet Leaf" from Whole Foods

Enjoy!

Be Happy...Be Vibrant...

Be SexyFit,

*Carmen XO*