

Sinful Chocolate Pudding

Here's a recipe as posted on the [Raw Food Lifestyle bulletin board](#) by Sim, one of our raw food moderators and a raw food chef.

Ingredients:

- 2 avocados,
- ½ cup raw carob or raw cacao or a combination, and
- 1 cup (12-14) of unsoaked medjool dates. The softer and squishier the better.
(Forget using soaked deglet dates. They're not going to give you the right result.)
 1. Blend all the ingredients until the mixture is smooth, creamy, and has no more lump
 2. . **VERY IMPORTANT: Do a taste test!** Add more avocado to make it richer and creamier, add more dates for sweetness, and/or more cacao if you're a chocolate fiend.

This will keep for 2-3 days in the refrigerator. Although there is no way it would last at my house for more than a few minutes.

If you really want to be decadent, make the following and spoon it over the chocolate pudding. To be honest, this dessert served in a water goblet is just divine. Something about taking humble chocolate pudding and putting it in a stemmed glass....