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The Fat Burning Chocolate Avocado Pudding You Can Make in Few Minutes

By bestfolkmedicine · 28/05/2019 · 2 min read



After you learn about this yummy and healthy chocolate and avocado pudding, you will have a new favorite dessert, believe us! Even though it may seem as healthy desserts are not possible, thanks to this recipe, you will see that they are.

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The avocado which this recipe contains will not just add to the amazing flavor and aroma, but it will also boost your health. Namely, avocados have been found to better the metabolism, help regulate the hormones, and fight off diseases.

When you consume this homemade dessert with avocados, you need not worry about impeding your diet or your weight loss. All of the ingredients, in addition to the avocados, are healthy and can actually support your weight loss efforts.

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Continue reading the article to learn more about the health benefits avocados have to offer and of course, the recipe in detail.

More Avocados, Please

Did you know that both its flesh and oil possess potent anti-aging characteristics that avert free radical damage? Moreover, avocados enter into the cell structures and mitochondria and from there; they encourage energy production and assist the cells even when they are being attacked by free radicals.

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What's more, a study has found that the oil from avocado can speed up the mitochondrial respiration which suggests that the nutrient use for energy production is ongoing. Rich in healthy fat and around 20 pivotal nutrients, avocados should definitely be a part of every healthy diet.

DIY Chocolate & Avocado Pudding

You will need the following ingredients:

3 large avocados, ripe

3 to 6 tbsp of coconut milk

2 tbsp of coconut oil

¼ cup of cacao powder

A tsp of vanilla extract

2 tbsp of raw honey

Preparation: Put all of the ingredients in your blender and blend for a minute or so. Once the mixture is homogeneous, turn off the blender and transfer the content into proper containers.

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Put them in a fridge for half an hour before consumption.

Enjoy!

Sources:

POINTS RECIPES

HEALTHY FOOD HOUSE

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