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## **Recipes From Healthy Holistic Living**

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- 1    Pudding is a popular grab-and-go item if you want a snack or a dessert. However, if you frequently buy pudding at a supermarket or grocery store, what you will see in the ingredients list will shock you: vegetable oils, chemical compounds and artificial flavoring are just some of the harmful and unhealthy ingredients in store-bought pudding.
- 2    The good news is you can still enjoy pudding without exposing yourself to various health risks. Check out this Chocolate Avocado Pudding Recipe from Healthy Holistic Living. Not only does this recipe call for wholesome, all-natural ingredients, but every spoonful also provides you with a vital health boost.

### **Ingredients**

- 1    3 large avocados, soft and ripe
- 2    ¼ cup organic, high-quality cacao powder
- 3    3 to 6 Tbsp. coconut milk
- 4    1 tsp. vanilla extract
- 5    2 tsp. coconut oil
- 6    2 Tbsp. raw honey

### **Procedure:**

- 1    Combine avocado, cacao powder, coconut milk, vanilla, coconut oil and honey in blender. Blend on high for 1 minute or until smooth.
- 2    Refrigerate for 30 minutes.

## **This Chocolate Avocado Pudding Is Indulgent and Guilt-Free**

Avocados are perfect for this pudding recipe because they're sweet, but contain low amounts of fructose. These bright green fruits are rich in healthy fats that help keep your cholesterol levels at a healthy range, lower your risk for heart disease and allow your body to efficiently absorb various fat-soluble nutrients. Also present in avocados are potent cancer-fighting carotenoids, or plant compounds.

According to research published in the Nutrition Journal, avocados work well if you're overweight, since eating one-half of a fresh avocado helps with satiety or making you feel full for a longer period of time.

While it's true that you're better off without the excess sugar and artificial

ingredients found in some chocolates, it doesn't mean that you should entirely avoid them. If you look hard enough, using high-quality, organic cocoa powder or dark chocolate with a higher cacao concentration for this pudding can be beneficial.

Higher cacao levels could prevent free radical oxidation, limit feelings of pain and anxiety, boost mental alertness, generate higher physical energy levels and shield the brain after a stroke. The plant compounds present in dark chocolate, on the other hand, have antioxidant and anti-inflammatory capabilities that can lead to a lower risk of heart diseases and strokes.

Meanwhile, using coconut oil and coconut milk (made by grinding coconut meat and diluting with plain water) in your recipes instead of vegetable oils and pasteurized milk from CAFO (confined animal feeding operations) cows won't just make the pudding more flavorful, but provide additional health benefits as well.

Both coconut oil and milk have medium-chain fatty acids (MCFAs) that are easier to break down and digest and do not need special enzymes to be metabolized. These MCFAs are also sent to the liver, where they're immediately converted into energy instead of being stored as fat.

Apart from that extra dose of sweetness, raw honey can be good for your health too. Raw honey, according to the World Health Organization (WHO), acts a demulcent, or a substance that can relieve mouth or throat irritation by developing a protective film. Other studies have also shown that raw honey could help treat coughs just as well as over-the-counter cough medicine.

If you have allergies, a teaspoon of locally produced raw honey can help solve the problem. This is because raw honey introduces a small amount of allergens into your body, triggering the immune system, thereby developing a natural immunity against this allergen. Raw honey can also be used as a wound treatment because of its antibacterial, antifungal and antioxidant capabilities.

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