

HEALTHFUL RECIPES FROM LINDA CITRON

**MAY 2014: AVOCADO**

**Chocolate Pudding**

*from Whole Foods*

2 avocados

1 banana

1/2 cup unsweetened cocoa powder

1/2 cup dates, pitted, soaked in water for a few hours, drained

1 tsp pure vanilla extract

Combine all ingredients in a food processor until smooth, scraping down sides of the bowl as needed. Transfer to a bowl or individual serving bowls and chill several hours before serving.



## Crazy Sexy Kale

*From Kris Carr's Crazy Sexy Kitchen Cookbook*

- 1 bunch curly kale, shredded into small bites
- 2 cup diced bell peppers, red, yellow, or orange
- ¼ cup flat leaf parsley, chopped
- 1 avocado
- 2 Tbsp flax oil
- 1 ½ Tbsp lemon juice
- Sea salt
- Pinch of cayenne pepper, to taste

In a medium mixing bowl, combine all ingredients. Massage and mix with your hands to “wilt” the kale and cream the avocado (this should only take a minute or two) and serve. You can also add any extra fresh herbs and diced vegetables of your choice.

## Avocado Pesto Sauce

*from Jennifer Bannon, CPC, CHC*

- 1 avocado, ripe
- ½ cup basil, fresh, tightly packed
- 2 Tbsp fresh lemon juice
- ½ tsp garlic, minced
- ½ tsp sea salt
- 1 Tbsp nutritional yeast, optional but gives a cheese like flavor

Add the fresh basil, lemon juice and garlic into a mini food processor, and process until the basil is broken down a bit. Add the flesh of the ripe avocado, yeast (if using) and the salt, and process again until smooth and creamy, stopping to scrape down the sides, as necessary. Taste the pesto, and adjust seasonings, if necessary. Serve over your favorite veggies, and enjoy! It's especially good with zucchini noodles.

