

Fun and Healthy Chocolate Fondue

By Catherine Carrigan



Ingredients:

- 3 ripe avocados
- 7 ½ tablespoons Dagoba unsweetened organic chocolate powder
- ½ cup agave
- pinch of sea salt
- dash of cinnamon
- Fresh fruit: Bananas, apples, fresh strawberries, etc.

Peel the ripe avocados and mash them in a Cuisinart. Add chocolate powder, sea salt and cinnamon. Add agave and adjust the amount for sweetness. Keep whipping in your Cuisinart until creamy.

Refrigerate.

When ready to serve, slice fruits into a bowl and place the chocolate pudding in the center of a table. Hand all your guests a fork. Dip fresh fruit into gluten-free, dairy-free pudding.

What's so healthy about this fondue?

- Safe for people with food sensitivities. Most puddings are made from the top four food sensitivities - gluten, cornstarch, cow's milk and/or eggs. This recipe is free of all common food sensitivities.
- Avocados. Avocados are loaded with oleic acid, a monounsaturated fat that may help to lower cholesterol. They are also a good source of potassium, which helps to lower blood pressure, as well as folate and B6, which helps promote serotonin production.
- A dessert that tastes so good that nobody will complain that it's too healthy. Ask your guests to guess the ingredients.
- healthy sweetener. Agave is a syrup extracted from the cactus. It has almost no impact on blood sugar. It scores only 55 on the glycemic index. Compare this to honey (35 to 64 on the GI index) or table sugar (60 to 65) or pure maple syrup

- (54). Its sweetness comes from a complex form of fructose called inulin. Agave is 50 percent sweeter than table sugar, so less is needed.
- Healthy chocolate. I admit I fell for Dagoba Unsweetened Hot Chocolate a long time ago. It's 100 percent cacao powder and 100 percent organic, so you get all the antioxidants of dark chocolate without the junk associated with traditional processed varieties. Cacao is loaded with vitamins B1, B2 and D as well as magnesium and iron.