



# Sara Galipeau

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## Recipe of the Month

### February:

### Raw Vegan Chocolate Pudding

*February is all about love, and this month's recipe features ingredients that will have you feeling it! Avocados, cocoa, and vanilla are all considered aphrodisiacs, and for good reason. Avocados are loaded with creamy healthy fats that are great for circulation, as well as zinc and folate, both important for reproduction. Cocoa contains compounds that boost your brain's production of feel-good neurotransmitters, and lots of antioxidant power too (use organic raw cacao powder for the best benefits). The scent of vanilla is said to promote desire in men and women. This is definitely a guilty pleasure you don't need to feel guilty about!*

*Makes enough for 1, or 2 to share.*

#### Ingredients

¾ ripe avocado

1½ Tbsp. maple syrup

2 Tbsp. cocoa/cacao powder

½ tsp. vanilla

Pinch sea salt

1½-2 Tbsp. coconut water or unsweetened coconut milk

#### Directions

Mash the avocado well with a fork, until no little chunks remain. Add in the syrup, cocoa, vanilla, and salt and stir until well-blended. Alternatively, whiz through a food processor (this may give it a more mousse-like texture). Add the coconut water/milk slowly until mixture reaches a pudding-like consistency (use more or less to your taste). Chill in an airtight container for a few hours or serve immediately. Enjoy!

*Variation on recipe of unknown source*

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