



Gail's Recipe of the Month Organic Chocolate Avocado Pudding with Coconut Milk

Ingredients:

- 1 ½ California avocado, peeled and flesh removed from pit
- 1/3 Cup quality cocoa powder (100% pure cacao)
- 2 Tablespoons pure maple syrup or organic honey
- ¼ Cup coconut milk
- 2 Teaspoons vanilla extract

Preparation:

Place all ingredients in a blender or food processor and blend until smooth. Adjust sweetness by adding a touch more of maple syrup or honey if desired.

Serve immediately

----- Serves 2

***Always use organic ingredients whenever available**



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat. Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website:

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