

# Keto Mexican Chocolate Pudding

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 17.5 g, Fiber: 11.7 g, **Net carbs: 5.7 g,**

Protein: 4.2 g, Fat: 16.2 g, Calories: 195 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes 2 servings)

- 1 large overripe avocado (200 g/ 7.1 oz)
- 1/4 cup [cacao powder](#) or [Dutch process cocoa powder](#) (22 g/ 0.8 oz)
- 1/4 cup [confectioners Swerve](#) or [Erythritol](#) (40 g/ 1.4 oz)
- 1 1/2 tsp [cinnamon](#)
- 1/8 - 1/4 tsp cayenne pepper
- 1/4 tsp [vanilla extract](#) or 1 tsp sugar-free [vanilla extract](#)

## Instructions

1. Place all ingredients into a blender and process until smooth.
2. Spoon into two 4-oz (120 ml) jars and serve immediately or refrigerate.
3. To store, refrigerate sealed or covered with a cling film for up to two days.

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