

## *CHOCOLATE PUDDING*

2 cups coconut meat  
3/4 cup coconut water, at room temperature  
1/2 cup maple syrup  
1/3 cup raw agave nectar  
1/2 cup cocoa powder  
2 tablespoons vanilla extract  
1/4 teaspoon sea salt

In a high-speed blender, puree all the ingredients until completely smooth, stopping to scrape the sides as necessary. Transfer to bowls and chill for a firmer pudding, or eat it straightaway.

(From Matthew Kenney & Sarma Melngailis' book: Raw Food Real World)