



2001 W. Kenosha * Broken Arrow, OK , 74012 * betterhealthstore.org *
For mail order of supplements and vitamins call: 1-866-929-HERB

Raw Chocolate Pudding

2 avocados

1/2 cup cocoa

1/4 cup honey or maple syrup

1 about cup of alkaline water

**Put water slowly into the blender,
to maintain a thick consistency.**

