

# DAYS SPA

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# The Sweet Life

by Jasmine Brown

**SOMETIMES EVEN WELLNESS PROS** need a sugar fix. Luckily, there are plenty of ways to get one without the guilt. Take this Chocolate Avocado Pudding from celebrity chef and nutritionist Serena Poon's blog *Serena Loves* ([serenaloves.com](http://serenaloves.com)). Dark chocolate, honey and cinnamon will surely satisfy your sweet tooth, and avocado is filled with potassium, fiber and healthy fatty acids to keep you on track. "I usually recommend a simple, unsweetened piece of dark chocolate with at least 72 percent cacao and only a few clean ingredients," says Poon, who prefers raw, organic options whenever possible. And if chocolate isn't your thing, she suggests swapping in grapes or other frozen fruit to add some sweetness. Whatever you choose, this fast five-minute recipe holds the best of both worlds.

## Chocolate Avocado Pudding

Yields 2-4 servings

4 medium ripe avocados	2 oz. melted dark chocolate (ideally vegan)
$\frac{1}{4}$ cup coconut milk (or preferred nut milk)	2 tsp. vanilla extract
4 tbsp. dark cocoa powder or organic cacao powder	$\frac{1}{4}$ tsp. ground Ceylon cinnamon
3 tbsp. manuka honey	$\frac{1}{8}$ tsp. Himalayan pink salt

**TOPPINGS (optional):** whipped coconut cream, vegan chocolate sprinkles, cocoa nibs

Remove avocado pits and skin, and blend remains in a food processor until creamy. Add the rest of the ingredients and puree, scraping down the sides when needed. Add seasoning or sweeteners to taste, and blend for two more minutes until completely smooth. Serve with desired toppings. 🍷