

AVO-COCOA PUDDING

INGREDIENTS

1 banana
1 avocado
½ cup milk
1 - 2 teaspoons cocoa powder
1 - 2 teaspoons honey (if desired)

PREPARATION

Blend banana, avocado, milk, and cocoa powder together until smooth. If desired, add honey for extra sweetness.

Recipe from www.dailycaring.com

[10 quick and easy dysphagia recipes for swallowing problems](#)

apainintheneck.org

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