



POWER BOOST PUDDING

INGREDIENTS:

- 2 cups organic, unsweetened applesauce
- 3 scoops Power Boost
- 1 teaspoon cinnamon
- 2 cups ice, or more depending on preference
- 1 small avocado, optional
- 1 teaspoon vanilla, optional

INSTRUCTIONS:

Blend the applesauce, cinnamon, and Power Boost on low until well incorporated. Turn speed to high and add 2 cups, or more, of ice and blend well. This will become a cold, smooth, fluffy pudding. If the pudding needs more body, add 1 small avocado. Add in the vanilla, making sure not to thin the pudding.