

RED VELVET PUDDING



INGREDIENTS:

- 1 scoop Ravishing Red Velvet GLAM PRO
- 1/2 large avocado
- 2 tbsp water

DIRECTIONS:

Option 1:

- 1) Mash avocado with a fork until smooth
- 2) Mix GLAM PRO and water until well incorporated

Option 2:

- 1) Add all ingredients in a blender, blend until smooth.

Enjoy!

Makes 1 Serving

Calories: 193 | Protein: 15 g | Carbs: 8 g | Fat: 11 g | Fiber: 6 g