

## AVOCADO CHOCOLATE MOUSSE



Is it possible to prepare a rich, dark, creamy dessert in just ten minutes - with just five ingredients? This recipe will make it happen – and it's vegan! Blending a ripe avocado with rich cocoa powder creates a decadent dessert that's not only irresistibly velvety, but the avocado adds heart-healthy good fats and antioxidants. It's a quick, easy sweet treat for any occasion.

### INGREDIENTS

Serves 2 (can be doubled)

½ avocado, pitted, peeled and cubed. See Notes\*

5 tablespoons, unsweetened vegan cocoa powder or cacao powder, such as Black Velvet Cacao Powder

¾ cup, full-fat coconut milk\* Refrigerate the can for at least 4+ hours and use only the thick, creamy layer.

2½ tablespoons, pure maple syrup, agave nectar or date paste

¼ teaspoon sea salt

¼ teaspoon vanilla extract (optional)

### INSTRUCTIONS

Add all prepared ingredients to a high-speed blender or food processor and blend for about 20 seconds. Stop occasionally scraping down the sides.

Repeat until mousse is smooth and lump-free.

Spoon into two bowls and decorate with fresh berries, homemade whipped coconut cream or prepared coconut or almond milk whipped cream, grated chocolate and/or cacao powder.

### Notes

Avocado – It's best to use half of a small to medium avocado to avoid any avocado taste.

Using high quality coconut milk results in the best taste and creamiest texture. Try to find a brand that separates into cream and water when chilled such as Whole Foods 365.

Storage – You can store any uneaten mousse in the fridge in an airtight container for 3-4 days. This mousse can be frozen.

