

AVOCADO CHOCOLATE MOUSSE



Any time I mention the words avocado and chocolate in the same sentence, people turn their noses up. BUT, those people have never tried avocado chocolate mousse - quite possibly the quickest, simplest, tastiest chocolate mousse there is. It hits my creamy chocolate fix without being filled with dairy. *Makes 2 servings*

INGREDIENTS

2 medium ripe avocados
1/3 cup cacao powder
5 fresh medjool dates, pitted and roughly chopped
1/4 cup coconut milk or other nut milk
1 tsp natural vanilla extract
Pinch of sea salt

METHOD

1. Soak the dates in the milk for 10-30 minutes to soften.
2. In a blender, add the avocado flesh, dates and milk, vanilla, salt, and cacao powder.
3. Blend until smooth. You may need to add a little more liquid to facilitate blending, and scrape down the sides of the blender a few times.

Add-ins: I've added 1 tsp (packet) of Stevia to add more sweetness

Chill and serve with a garnish of your choice (dried coconut, berries, or grated dark chocolate-OPTIONAL)