

Chocolate Avocado Mousse

serves 6

Ingredients

- ½ C very dark chocolate chips
- 2 heaping tablespoons cocoa
- ½ C plant-based milk (I use almond)
- 2 medium ripe avocados, pitted and peeled
- ½ C pure maple syrup
- 1 tsp pure vanilla extract
- ¼ tsp sea salt
- 1 C fresh berries (optional)
- 8 small sprigs fresh mint (optional)

Instructions

1. Place the chocolate chips in a glass bowl and microwave in 30 second increments, stirring in between until melted.
2. Transfer the melted chocolate to a blender and add the cocoa; milk; avocado; maple syrup; vanilla extract; and salt. Puree until very smooth, scraping down the sides of the pitcher as needed. Transfer the mixture to a bowl; cover and refrigerate for at least 30 minutes.
3. Serve the chilled mousse with fresh berries and mint sprigs, if desired.

Store the mousse in an airtight container in the refrigerator for up to 3 days. Can be frozen. If frozen, will be similar to the consistency of ice cream.

Variation Tip: almond, soy, or coconut milk for vegan. maple syrup for vegan.

Cooking Tip: Be sure the avocados are ripe. They should feel soft, and the stem ends should fall off easily when plucked.

Nutrition (per serving): Calories 204; Total fat 10.5g; Saturated fat 4g; Cholesterol 3mg; Sodium 56mg; Carbs 31g; Fiber 6g; Sugar 21g; Protein 1g;