

Maple Brandy Chocolate Mouse

SERVES 6

Ingredients

- 2 medium ripe avocados, pitted and peeled
- ½ C very dark chocolate chips
- ½ C unsweetened cocoa powder
- ½ C + 2 Tbs pure maple syrup
- ¼ C plant-based milk (I use almond)
- 2 Tbs brandy
- 2 tsp pure vanilla extract
- 1/8 tsp sea salt
- 1/8 tap cayenne pepper (optional)
- 1/8 tsp ground cinnamon (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 2 hours.
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.

Note: Don't have brandy? You can substitute bourbon. Grand Marnier would add a hint of orange flavor. Avoid alcohol with apple or orange juice