



Chocolate Avocado Mousse

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Preparation Time: 20 minutes

Ingredients

6 servings

Chocolate mousse

2 ripe avocados (400 g), pitted and skin removed
1/3 cup raw cocoa powder
1/3 cup (80 mL) coconut milk
3 tbsp (45 mL) maple syrup
1 tbsp (15 mL) vanilla extract
2 tbsp (30 mL) fresh lemon juice

Garnish:

2 tbsp (10 g) sliced blanched almonds
2 tsp (5 g) cocoa nibs
Seasonal fruit

Directions

1. In a high-power blender, add all mousse ingredients. Process until completely smooth, about 5 minutes. Transfer mixture into a medium bowl, cover and place in fridge to firm.
2. When ready to serve divide into 6 bowls or mason jars and then top with garnish.
3. Lasts in the fridge for up to 3 days.