

Avocado Chocolate Mousse

Ingredients:

Makes: 4 servings, 1/3 cup per serving

- 1 large very ripe avocado
- 1/2 cup cocoa powder
- 1/8 cup maple syrup
- 4 Tbsp unsweetened almond milk
- 1 tsp vanilla extract
- A pinch of salt

Recipe Adapted from: <https://healthyrecipesblogs.com/avocado-chocolate-mousse/>
Photo taken from: <https://www.seededatthetable.com/avocado-chocolate-pudding/>



Method:

1. Add avocado, maple syrup, almond milk, vanilla extract, and salt to a food processor and blend until smooth.
2. Sift the cocoa powder and add to the food processor. Process until incorporated, stopping once to scrap down the sides.
3. Once smooth, divide into bowls and enjoy!

Nutrition Facts

4 servings per container	
Serving size	1/3 cup (88g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 451mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Avocados

This institution is an equal opportunity provider.



How To Store:

Sprinkle exposed avocado with lemon or lime and place in air tight container.



How To Use:

Spread on toast, add to smoothies, or mash into dip for crackers or vegetables.



Health Benefits:

Avocados are rich in monounsaturated fats which are beneficial for lowering

In accordance with Federal civil rights law and USDA Department of Agriculture (USDA) civil rights regulations and policies, the USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal, or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877.8339. Additionally program information may be made available in languages other than English. To file a complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD 3027) found on line at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office or write a letter addresses to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632.9992. Submit your completed form or letter to USDA by:

- I. mail: US Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, DC 20250
- II. Fax: (202) 690-7442; or
- III. email: program.intake@usda.gov

This Institution is an equal opportunity provider.