

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

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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

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