

Dark Chocolate Avocado Mousse

This decadent dessert relies on fiber-rich avocado to mimic the creamy texture of heavy cream found in a traditional mousse. Try serving with your favorite fresh berries!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

2 each	Avocados, medium size, very ripe
$\frac{2}{3}$ cup (4 oz)	Chocolate chips, dark or semi-sweet
$\frac{1}{4}$ cup	Cocoa Powder, unsweetened
$\frac{1}{3}$ cup	Low-fat Milk, 1%
$\frac{1}{3}$ cup	Maple Syrup
1 tsp	Vanilla Extract
$\frac{1}{8}$ tsp	Kosher Salt
1 cup	Strawberries, hulled and quartered or sliced

CHEF'S NOTES

Adding $\frac{1}{4}$ tsp of cinnamon will give you a Mexican hot chocolate flavor. You could also add $\frac{1}{2}$ - 1 tsp instant espresso powder for a mocha flavored mousse.

Feel free to substitute any non-dairy milk to make this recipe Vegan!

This dessert will keep in a covered container for up to a week in the refrigerator. The longer it sits, the thicker the texture will be.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Microwave the avocados for about 1 minute at 50% power to warm them up (this will prevent the mousse mixture from seizing).
3. Melt the chocolate chips in a microwave safe bowl by microwaving in 20 second increments and stirring in between each session, until thoroughly melted. Alternatively, melt the chocolate chips in a double boiler over low heat.
4. In a food processor, combine the avocado flesh, melted chocolate, cocoa powder, milk, maple syrup, vanilla, and salt. Puree until smooth and creamy.
5. Spoon or pipe the mousse into 8 small cups or ramekins and refrigerate for at least 30 minutes to firm up.
6. Garnish the mouse with 3-4 pieces of strawberry before serving.

Nutrition Facts

8 servings per container

Serving size ~1/4 cup (161g)

Amount Per Serving

Calories **220**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 30g **11%**

Dietary Fiber 7g **25%**

Total Sugars 20g

Includes 15g Added Sugars **30%**

Protein 3g **6%**

Vitamin D 0.1mcg 0%

Calcium 40mg 4%

Iron 1.7mg 10%

Potassium 470mg 10%

* The % Daily Value (DV) 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.

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