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 fresh strawberries or raspberries!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	15 MIN

INGREDIENTS	
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2 each	Avocado, very ripe
2/3 cup (4 oz)	Chocolate chips (or bar
	chocolate, at least 60%
	cacao, chopped)
1/4 cup	Cocoa Powder, unsweetened
1/3 cup	Milk, 1%
1/3 cup	Maple Syrup
1 tsp	Vanilla Extract
1/8 tsp	Kosher Salt
1/4 tsp	Cinnamon, ground (optional)

CHEF'S NOTES

This dessert will keep in a covered container for up to a week in the refrigerator.

Adding the optional cinnamon provides an interesting depth of flavor. You could also add ½ - 1 tsp instant espresso powder for a mocha flavored mousse.

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 avocados, melted chocolate, cocoa powder, almond milk, maple syrup, vanilla, salt, and cinnamon (if using). 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.

Nutrition Facts 8 servings per container Serving Size about 1/4 cup (117 g)

Amount per serving

Calories 220

	% Daily Value *
Total Fat 14g	17%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	23%
Total Sugars 16g	
Includes 13g Added Sugars	26%
Protein 3g	7%
Vitamin D 0.12mcg	0%
Calcium 50mg	4%
Iron 1mg	8%
Potassium 400mg	9%

^{*}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.







