

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 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

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.

