

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	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)
1 pint	Strawberries, hulled and quartered

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 1/2 - 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.
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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