



Avocado Chocolate Mousse

Instructions

Serves: 4

1. Combine all ingredients in a blender or food processor and blend until completely smooth. You will need to scrape down the sides several times and keep blending. You may need to add more almond milk/milk if too thick.
2. Chill in the refrigerator for at least 1-2 hours (or overnight)
3. Serve with garnishes: mint/berries/nuts

Ingredients

2 avocados (large, ripe)

½ cup cocoa powder
(unsweetened, Dutch processed if possible)

¼ cup almond milk (or soy or other milk, unsweetened)

¼ cup pure maple syrup (or honey)

1 teaspoon vanilla

1/8 teaspoon salt

1/8 teaspoon cinnamon

1/8 teaspoon ground nutmeg

Pinch of cayenne pepper (optional)

Garnishes: fresh mint, berries, nuts (optional)