



CHOCOLATE AVOCADO MOUSSE

RECIPE OF THE WEEK Affordable Wholefoods

This recipe was recommended to us by a good friend. We tried it, we loved it. Highly recommended as a healthy chocolate mousse recipe over summer.

Ingredients:

- 2 large ripe avocados
- 1/4 cup alkalised cocoa powder
- 2 teaspoons organic vanilla essence
- 4 tablespoons of maple syrup
- 1/3 cup coconut milk
- 3 tablespoons of Almond butter
- 1/2 teaspoon sea salt

Method:

1. Place all ingredients in a food processor and process until smooth and silky (ie no avocado lumps)
2. Chill for 30 minutes, then serve plain or with your favourite topping.

Topping suggestions:

1. Fresh berries
2. Organic cacao nibs
3. A combination of crushed and toasted nuts or seeds.

Gluten Free | Dairy Free | Vegan