

Quick Avocado Chocolate Mousse

Description

This mousse is rich and healthy. You will enjoy it.

Prep time: Five minutes

Chill time: Two hours

Total time: Two hours Five minutes

Servings: 4

Ingredients

4 ounces of chopped semisweet chocolate

2 ripe avocados

3 tablespoons of unsweetened cocoa powder

1/4 cup of Unsweetened Almond milk Cashew milk Blend

1 teaspoon of pure vanilla extract

1/8 teaspoon of kosher salt

1–3 teaspoons of light agave nectar or maple syrup, if desired

For serving sliced strawberries, fresh raspberries, whipped coconut cream and chocolate shavings

Instructions

1. Pour the chocolate into a microwave bowl and transfer to the microwave oven. Microwave until the chocolate is almost completely melted. Remove from the oven and stir. Set aside to cool.
2. Cut the avocados in half and remove the pit. Scoop the avocado into a food processor, then add in the cocoa powder, melted chocolate, almond milk cashew milk blend, salt, and vanilla extract.
3. Blend until creamy and smooth. Pour the liquid into glasses. Transfer to the refrigerator and chill for about two hours or overnight.
4. Top with chocolate shavings, cream, and raspberries. Serve.