

Avocado Chocolate Mousse

Guacamole usually comes to mind when one thinks of avocados. But avocados' creaminess lends itself to desserts transforming puddings, mousses and frostings into vegan delights. Avocados are also a nutrition powerhouse, contributing many vitamins and minerals, are cholesterol free and an excellent source of fiber.

Serving Size: 1/2 cup Servings: 4

Ingredients:

Flesh of 2 ripe avocados (about 8 ounces; pits and skin removed)

1/2 cup unsweetened cocoa powder

3-4 T milk of choice (cow's milk, almond milk, oat milk, soy milk)

1/2 tsp. vanilla extract

1/8 tsp. salt

1/4 cup liquid sweetener of choice (honey, maple syrup, agave)



Instructions:

- Add all ingredients to a blender or food processor and blend until creamy.
- Alternatively, use a hand mixer to blend the avocados first, then add remaining ingredients and mix on low speed, increasing to medium speed until creamy.

Nutrition Info per Serving- Calories- 260 Saturated Fat 3.3 g Sodium: 90 mg Added Sugars: 12 g Protein: 5 g Dietary Fiber: 11 g

Recipe taken from Chocolate Covered Katie <https://chocolatecoveredkatie.com/avocado-chocolate-mousse-vegan-healthy/>

