

Chocolate Avocado Mousse



Prep time: 5 minutes

Cooking time: none

Servings: 4

Ingredients

- 2 ripe avocados
- 1/3 cup cocoa powder (unsweetened)
- 1/4 cup maple syrup or honey (adjust to taste)
- 1/4 cup milk (dairy or non-dairy)
- 1 teaspoon vanilla extract
- A pinch of salt

Optional toppings:

- Fresh berries
- Nuts (e.g., chopped almonds or walnuts)
- Shredded coconut
- Chopped fresh parsley (or other herb) and lemon wedges for garnish

Directions:

1. **Prepare the avocados:**

Cut the avocados in half, remove the pits, and scoop out the flesh.

2. **Combine ingredients:**

In a blender or food processor, combine avocado flesh, cocoa powder, maple syrup or honey, milk, vanilla extract, and a pinch of salt.

3. **Blend until smooth:**

Blend until a smooth and creamy consistency is achieved, scraping down the sides if necessary.

4. **Adjust sweetness:**

Taste and adjust sweetness with more maple syrup or honey if needed.

5. **Chill:**

Transfer mousse to serving bowls or glasses and refrigerate for 1-2 hours to chill and set.

6. **Serve:**

Serve chilled, optionally topped with fresh berries, chopped nuts, or shredded coconut.

Note: For an extra creamy texture, make sure the avocados are perfectly ripe. You can adjust the sweetness level by adding more maple syrup or honey according to your taste preferences.

Recipe compliments of MySkinnyRecipes.com