

Chocolate Mousse

Ingredients:

This is for one person - double or triple the amounts for more!

Also keeps well in refrigerator for a few days.

ripe avocado

4 teaspoon cacao powder (loving body drinking chocolate from Pete's Place)

OR

ripe avocado

4 teaspoon organic cacao powder (Prinke)

1 teaspoon maple syrup



Serving options

- With yoghurt or ice cream
- Porpay, raspberry or other berry coulis

Directions:

Remove avocado flesh

Mash or use blender to make avocado flesh smooth

Add in the cacao powder

If wanting the sweeter option, add in the maple syrup.

Then

Spoon into serving cups/bowls and refrigerate

Garnish as desired

More information:

Avocados are 100% cholesterol-free, a good source of healthy mono-unsaturated fats plus contributes nearly 20 vitamins, minerals, and phytonutrients. Just one serving offers eight percent of the daily value of fibre—which provides a feeling of fullness and has also been found to potentially reduce the risk of type 2 diabetes.

With less than one gram of sugar per ounce, avocados have the least amount of sugar per serving of any fruit, and they act as a “nutrient booster” by helping the body to better absorb fat-soluble nutrients.