



LIVE HEALTHY RECIPE

Chocolate Avocado Mousse | 216 cal

ripe avocado and Dutch processed cocoa powder blended with agave syrup, vanilla and almond milk to a fluffy crème topped with raspberries





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PREP TIME: 2 TO 3 MINUTES | COOK TIME: 5 MINUTES | YIELD: 6 SERVINGS

DIRECTIONS:

Cut avocados in half and remove the pit. With a tablespoon, scrape out the flesh and place in the processor. Add cocoa powder, syrup and vanilla. Pulse to combine. If the texture is not fluffy enough, add almond milk by the tablespoon and pulse until combined. Portion into 6 small dessert cups or shot glasses and garnish each with a fresh strawberry.

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INGREDIENTS (6 Servings):

1/3 oz.	Agave, Syrup
1/4 whole	Avocado, Fresh (Peeled & Chopped)
1/4 oz.	Cocoa Powder, Unsweetened
1/4 oz.	Milk, Almond
1/8 oz.	Chocolate, Baking Unsweetened
1/8 tsp.	Extract, Vanilla

HEALTH BENEFITS OF AVOCADO:

One-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins, minerals and phytonutrients including 254 mg of potassium and 3g of fiber, two nutrients we don't get enough of according to the 2015-2020 Dietary Guidelines for Americans. Diets rich in fiber may reduce the risk of heart disease, obesity, and type 2 diabetes, and as a fresh fruit, avocados contain 11% of your DV of dietary fiber. Plus, avocados are naturally sodium-free.