
Avocado Chocolate Mousse



Avocado Chocolate Mouse

- 110G DARK CHOCOLATE (70%+) - ROUGHLY CHOPPED
- 2 LARGE RIPE AVOCADOS
- 1 FROZEN BANANA
- 3 TABLESPOONS CACAO POWDER
- 1/4 CUP ALMOND MILK
- 1 TEASPOON PURE VANILLA EXTRACT
- PINCH OF SEA SALT

OPTIONAL TO SERVE

- FRESH OR FROZEN (DEFROSTED) BERRIES.
- GREEK OR NATURAL YOGHURT

- PLACE CHOCOLATE IN A HEAT PROOF BOWL. PLACE OVER A SAUCEPAN OF BOILING WATER.
- STIR UNTIL CHOCOLATE IS ALMOST COMPLETELY MELTED.
- SET ASIDE AND ALLOW TO SLIGHTLY COOL.
- HALVE AND PIT AVOCADOS. PLACE IN A FOOD PROCESSOR.
- ADD ALL OTHER INGREDIENTS, INCLUDING CHOCOLATE.
- BLEND UNTIL SMOOTH.
- SPOON INTO BOWLS AND SERVE WITH BERRIES AND/OR YOGHURT

NUTRITIONAL INFORMATION

- DARK CHOCOLATE & AVOCADO = MAGNESIUM & ZINC
- DARK CHOCOLATE & STRAWBERRIES = IRON & VITAMIN C