

DAIRY FREE AVOCADO CHOCOLATE MOUSSE

A creamy, silky keto chocolate mousse made with avocado — you can't taste it at all



INSTRUCTIONS

1. Blend the mousse

- 2 large ripe avocados
- 1/2 cup unsweetened cocoa powder
- 1/2 cup coconut cream
- 1/2 cup powdered sweetener
- 1/2 tsp vanilla extract
- Pinch of sea salt

Add all the ingredients to a food processor or blender. Blend until completely smooth and creamy — take your time here, since you don't want to find any green bits of avocado.

2. Chill and serve

Divide the mousse between 6 small glasses or serving bowls. Chill until ready to serve. It's delicious on its own, or topped with a few raspberries, a drizzle of peanut butter, or whipped coconut cream.

NUTRITION (per serving, makes 6)

- Calories: 157
- Total Fat: 14g
- Total Carbs: 10.5g
- Fiber: 6.7g
- Net Carbs: 3.8g
- Protein: 2.8g

STORAGE

Keeps in the fridge in an airtight container for up to 3 days. Freezes well too — portion into an ice cube tray and freeze for up to 3 months.



Recipe created by Mind-Body Functional Health.
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