

Chocolate Avocado Mousse

Prep time: 15 minutes

Yield: 4 servings

Mousse:

4½ ounces (½ bag) sugar-free chocolate chips, such as Lily's brand
3 ripe avocados, pitted and peeled
½ cup raw cacao powder, or unsweetened cocoa powder
1 whole vanilla bean, cut in half lengthwise and seeds scraped out and reserved,
or 1 teaspoon extract
1/3 to ½ cup maple syrup or coconut nectar (or add a few drops stevia to taste until sweet
enough)
Salt

Toppings:

½ cup toasted almonds, walnuts, pecans, or hazelnuts, crushed
cacao nibs
fresh fruit such as whole berries, sliced banana, diced mango, or others you
like

Directions:

In the top pan of a double boiler over but not touching barely simmering water, melt the chocolate chips.

In the bowl of a blender or food processor, blend or process the avocado until smooth, scraping down the bowl with a spatula as needed. Add the cacao powder, vanilla seeds or extract, and maple syrup or coconut nectar and blend until smooth.

Add the melted chocolate to the blender or processor and pulse until fully incorporated. Pulse in a little salt to taste.

Spoon the mousse into small ramekins or cups and chill until firm, in the refrigerator for about 2 hours or about 30 minutes in the freezer.

Before serving, garnish to taste with nuts, cacao nibs, and fresh berries.