

Dark Chocolate Avocado Mousse

We saved the best for last, dessert! Enjoy eating this chocolate-rich mousse! Avocados provide an excellent source of omega healthy fats!

Ingredients: (Yields 2-4 Servings)

- 1 large or 2 small ripe avocados
- 2 tbsp unsweetened cocoa powder
- ¼ cup almond milk
- 1-2 teaspoons pure maple syrup, to taste
- 1 tsp natural vanilla extract
- Raspberries, for garnish

Directions:

1. Place avocados, cocoa powder, almond milk, maple syrup, and vanilla extract in the jar of a blender.
2. Puree until smooth, stopping when needed to scrape down the sides. The mixture will be very thick and mousse-like. Add a little more almond milk, if needed.
3. Spoon the pudding into dessert cups and top with fresh raspberries, if desired.



Source: helloglow.co