

Avocados are full of heart-healthy fats along with potassium, vitamins E and K. Chocolate avocado mousse is a great alternative to serve on Valentine's Day because it's low in sugar and packed with nutrients, so you won't feel too guilty indulging in this yummy dessert.

Chocolate Avocado Mousse

Recipe by Melissa Martland-Kile,
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INGREDIENTS:

2 ripe avocados
4 tbsp maple syrup
2 tsp vanilla extract
1/3 cup cocoa powder, unsweetened*
Optional: ¼ tsp peppermint extract



DIRECTIONS:

1. Wash the avocados, peel and remove the pit.
2. Put the avocados in a food processor or blender. Blend until smooth.
3. Add the maple syrup, vanilla and cocoa powder. Blend again until completely combined and no lumps remain.
4. Taste to adjust sweetness or add more cocoa powder per your preference.
5. Spoon the mousse into four 2-ounce glasses and place them in the fridge for 1 hour before serving.
6. Enjoy!

**The cocoa powder makes a slightly bitter chocolatey mousse that dark chocolate lovers will enjoy. For a more milk chocolatey taste, use a combination of melted milk chocolate chips and dark chocolate chips to taste (about ¼ cup). If using the chocolate chip method, you can use less maple syrup.*