

CHOCOLATE AVOCADO MOUSSE

Serves: 6

Approximate Cost of the Recipe: \$4.66

Approximate Cost per Serving: \$0.77



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INGREDIENTS:

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

DIRECTIONS:

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