

Avocado Chocolate Mousse Recipe

Serves 4

- 113 g semisweet chocolate (at least 60%)
- 2 large ripe avocados
- 80 ml nut milk or coconut milk
- 1 tsp vanilla extract
- 1/8 tsp salt
- 1-3 tsp agave nectar, corn syrup, Golden syrup, maple syrup



1. Place the chopped **chocolate** or chocolate chips in a microwave-safe bowl. Microwave in 15-second bursts, stirring between each and watching carefully so that the chocolate does not burn. When the chocolate is almost completely melted, remove it from the microwave and stir until smooth. Set aside and let cool until just barely warm.
2. Halve and pit the **avocados**, then scoop them into a food processor fitted with a steel blade or high-powered blender.
3. Add the melted **chocolate, cocoa powder, almond milk, vanilla** extract, and **salt**. Blend until very smooth and creamy, stopping to scrape down the bowl as needed. Taste and add a few teaspoons of **agave** if additional sweetness is desired.
4. Spoon into glasses.
For a thicker, mousse-like consistency, refrigerate until well chilled, 2 hours or overnight.
5. Serve topped with raspberries, cream, and chocolate shavings.

Can be stored in the refrigerator, covered, for up to 1 week

To freeze: Can freeze for up to 2 months. Defrost overnight before serving.