

Avocado Chocolate Mousse

(With Greek Yogurt)

Serves 4

Ingredients

- 1 ripe avocado, 150 g
- 240 g Greek yogurt
- 40 g dark chocolate chips *or chopped dark chocolate bar*
- 25 g unsweetened cocoa powder
- 80 g maple syrup or honey
- 1 tsp vanilla extract or 1/4tsp almond extract
- 1 small pinch salt



Instructions

Blend:

1. Add **avocado, Greek yogurt, cocoa powder, maple syrup, vanilla,** and salt to a blender. Blend until smooth.

Melt the chocolate:

2. Add chocolate to a microwave-safe bowl. Microwave in 20-second bursts, stirring between each, until melted and smooth. Let **cool for 1 minute**.

Finish the mousse:

3. Add the **melted chocolate** to the blender and blend again until silky and creamy.

Serve or chill:

4. Enjoy right away, or divide into serving glasses and refrigerate for 30 minutes for a thicker, mousse-like texture.

Notes

- Use ripe avocado; should yield slightly when squeezed.
- Blend until silky: Smooth mousse = better texture after chilling.
- Cool the chocolate slightly: Hot chocolate can make the mixture grainy.
- Stick to these ratios: More chocolate makes the mousse heavier and less balanced.
- Chill before serving: 30 minutes gives it a thicker, mousse-like texture.
- Taste and adjust: Add a little extra maple syrup if needed.
- Choose your yogurt: Full-fat Greek yogurt is creamiest; low-fat Greek yogurt adds more protein.
- Make ahead: The texture gets even better after a few hours in the fridge.
- Store leftovers: Refrigerate in an airtight container for up to 3 days.

Nutrition (1 serving)

Kcal: 231kcal, Carbs: 28g, Protein: 9g, Fat: 11g, Sat. Fat: 5g, Sodium: 51mg, Fiber: 5g, Sugar: 18g