

# Chocolate Avocado Mousse

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This recipe is so rich and decadent, you won't believe it's vegan- and made with avocados!



|  | Prep    | Yields      |
|--|---------|-------------|
|  | 15 mins | 11 servings |

| Ingredient           | Amount     |
|----------------------|------------|
| avocados             | 2 ----     |
| cocoa powder         | 1/2 cup    |
| brown rice syrup     | 1/3 cup    |
| pure vanilla extract | 1 tsp      |
| sea salt             | pinch ---- |
| almond milk or water | 2 tbsp     |

1. Add avocados cocoa powder, syrup, vanilla extract, sea salt and milk to a food processor or blender, blend until very smooth. Stop the machine to scrape down the sides once or twice to ensure that all of the ingredients are well blended.

NOTE: You can substitute honey for the brown rice syrup. Make it an chocolate-orange mousse by adding 1 tsp of finely grated orange zest!