

Recipes

by

Wellness Plus Members

Avocado chocolate Mousse

Ingredients

- Flesh of 2 ripe avocados
- 1/4 regular cocoa powder
- 1/4 cup Dutch cocoa or melted chocolate chips
- 3 tbsp almond milk
- 1/2 tsp pure vanilla extract
- Sweetener of choice to taste (I like 1/4 cup pure maple syrup)

Procedure

1. Combine all ingredients in a blender or food processor until completely smooth.

Source: Recipe supplied by Betty Talley