



Avocado Mousse

Ingredients

- 2 medium ripe avocados (pit removed)
- 6 Tablespoons unsweetened cocoa powder
- 6 Tablespoons pure maple syrup
- 6 Tablespoons unsweetened plant milk
- 1 ½ teaspoons vanilla extract
- 1/8 teaspoon salt

Preparation

1. Scoop the avocado into a food processor or blender, discarding the skin and pits.
2. Add ingredients to the food processor.
3. Puree until the mixture is smooth and velvety.
4. Transfer mousse to an airtight container and cover.
5. Chill at least 1 hour in the refrigerator before serving.
6. Due to varying sizes in avocados, you may want to taste and add additional maple syrup, vanilla, milk or salt to adjust before serving.



Nutrition Information ~½ cup portion:

453 calories, 26 g fat (4.5 g saturated), 63 g carb (16 g fiber, 37 g sugar), 6 g protein, 200 mg sodium



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