



# vegan chocolate mousse

## the ingredients

serves 2

- 1-2 ripe avocados
- 1/2 cup vegan chocolate chips, measured, then melted
- 2/3 cup cacao powder
- 1 tsp vanilla extract
- pinch of salt
- 3 dates, pitted and soaked, then drained
- 1/4 cup unsweetened almond milk

## the method

- In a food processor, add all of the ingredients except for almond milk. Blend.
- Slowly add almond milk until desired consistency and serve.
- Can top with whipped cream, berries, mint, etc.

## the nutrition

1 serving

KCAL: 397

FIBER: 14 g

SATURATED FAT: 6.5 g

PROTEIN: 1 g

ADDED SUGAR: 0 g