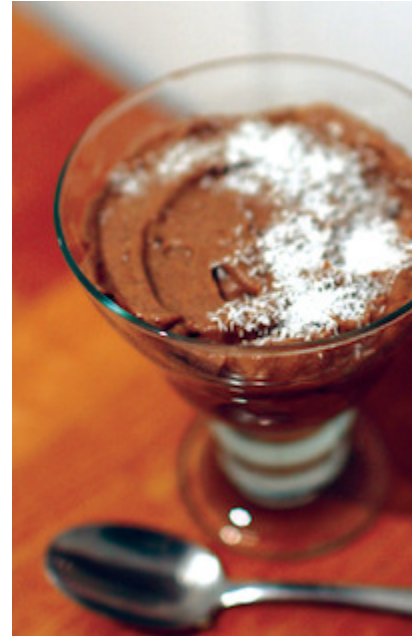


Avocado Chocolate Mousse Recipe

Sourced from the [Food Matters Recipe Book](#)

Ingredients

- 2 medium-sized ripe avocados
- 1/3 cup raw cacao powder, or more to taste
- 5 fresh dates, pitted and roughly chopped
- 1/4 cup coconut milk, nut milk or filtered water
- 1 tsp natural vanilla extract or pure vanilla bean powder
- A pinch of unrefined sea salt



Optional

Dried coconut, grated dark chocolate or berries to serve

Method

1. Soak the dates in the milk or water for 10-30 minutes to soften. In a blender, add the avocado flesh, dates, milk, vanilla and salt and cacao powder. Blend until smooth. You may need a little more liquid to facilitate blending and scrape down the sides of the jug a few times.
2. Adjust ingredients to taste, adding more cacao powder if it needs it. Serve and garnish with your choice of toppings.