

Avocado Chocolate Mousse



COURSE
Dessert, Snack



SERVINGS
7 serving

CALORIES
174 kcal

INGREDIENTS

- 3 ripe avocados ~360g flesh
- $\frac{3}{8}$ c cocoa powder
- $\frac{1}{4}$ c chocolate chips melted
- 3-4 tbsp soy milk or swap other plant-based milk for soy free
- 1 tsp pure vanilla extract
- $\frac{1}{8}$ tsp salt
- stevia to taste

INSTRUCTIONS

1. Combine all ingredients in a food processor until completely smooth, adding more soy milk as needed to desired consistency.
2. Divide into 7 small bowls

NUTRITION

Nutrition Facts

Avocado Chocolate Mousse

Amount Per Serving (1 g)

Calories 174 Calories from Fat 117

% Daily Value*

Fat 13g **20%**

Carbohydrates 16g **5%**

Protein 3g **6%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!