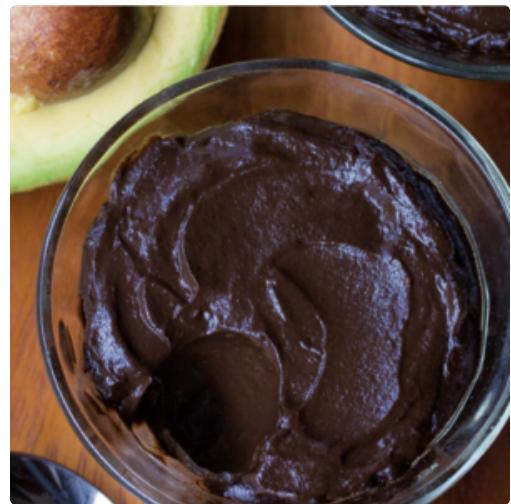


# Avocado Chocolate Mousse



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
<b>% Daily Value*</b>	
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!