Aquafaba Chocolate mousse - 3 ingredients, vegan and gluten-free

Prep time: 5 mins   Cook time: 5 mins   Total time: 10 mins

Ingredients

- 1 can of chickpeas (you will need only the liquid which is about 1 cup)
- 1 Cup (120gr) roughly chopped dark chocolate
- 2 tbsp coconut nectar (substitute with maple syrup or agave syrup)
- optional: ½ tsp vanilla extract

Instructions

1. Melt your chocolate in a bowl placed over a pan of simmering water. (or microwave)
2. Add ½ tsp vanilla extract and coconut nectar let chocolate cool down while you prepare the next step
3. Mix the liquid of your chickpeas with an electric whisk (or blender)* – whisk until peaks form and you have a fluffy white consistency
4. Gently fold in the chocolate with a spatula, and very slightly stir it.
5. Pour into bowls and place in the fridge
6. The mousse is ready to eat within 30 minutes

Recipe by Vanillacrunnch - Food & Lifestyle Blog at http://vanillacrunnch.com/aquafaba-chocolate-mousse-3-ingredients-vegan-and-glutenfree/