

Avocado Chocolate Mousse

Ingredients:

- * 4 very ripe avocados
- * ½ cup cocoa powder
- * ½ cup almond milk
- * 4 tablespoons maple syrup
- * 2 teaspoons vanilla extract
- * Pinch of salt

Optional for serving:

- * Whipped cream
- * Fruit (raspberries, strawberries, etc.)

Directions:

1. Slice and core the avocados.
2. In a food processor, combine the avocados, cocoa, powder, almond milk, maple syrup, vanilla extract, and salt. Blend until smooth and creamy (about 2 minutes). Stop as needed to scrape down the sides.
3. Blend until smooth and creamy (about 2 minutes). Stop as needed to scrape down the sides
4. For best results, chill in refrigerator for about 3 hours or over night.
5. Serve with the options above.