



Lakeland Natural Health

Avocado Chocolate Mousse

It's almost too good to not be bad (for you)

*Use Organic Ingredients when possible

Ingredients:

- 4 Very Ripe Avocados (pitted)
- ½ Cup unsweetened Cacao Powder
- 1 Cup softened, chopped Dates
- 1 ½ Tbsp pure Vanilla Extract
- ¼ tsp fine sea salt
- ¾ Cup unsweetened Vanilla Almond or Cashew Milk
- 1 Pint fresh raspberries for garnish

Instructions:

- In a food processor, combine the avocados, cacao powder, dates, vanilla, salt and almond or cashew milk
- Blend until smooth
- Spoon mousse into glasses and refrigerate for at least 3 hours (or up to 1 day)
- Garnish with raspberries before serving... Enjoy 😊

Note: A personal favorite topping for this recipe is a Blueberry syrup made from blended Medjool Dates, frozen locally picked blueberries and water (I use coconut water).