



Plant-based Chocolate Mousse

Ingredients:

- 3 cups of ripe avocado (2-3 medium avocados)
- 1 cup dates, soaked, pitted and soft
- 1 cup cacao dairy free powder
- 2 Tbsp coconut oil or cashew soak in ½ cup water
- 1/8 tsp vanilla
- Pinch salt
- Optional: 1 tablespoon of maple syrup
- Optional: To make mocha flavor:
1 cup brewed coffee

Plant-Based Chocolate "Mocha" Mousse	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	246.9
% Daily Value*	
Total Fat	17.7 g 23 %
Saturated Fat	4.6 g 23 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	27.7 mg 1 %
Total Carbohydrate	21.9 g 8 %
Dietary Fiber	10.2 g 37 %
Total Sugars	8.2 g
Added Sugars	1.5 g 3 %
Protein	4 g
Vitamin D	0 mg 0 %
Calcium	98.3 mg 3 %
Iron	1.8 mg 10 %
Potassium	741.7 mg 16 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories a day. It is used for general nutrition advice.

Full info at [cronometer.com](https://www.cronometer.com)

Method:

- Add all the ingredients to a food processor or high speed blender and blend until smooth.
- Refrigerate until it sets 2-3 hours and serve.
- This recipe provides 6-8 servings.

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