

Cacao Super-Mousse (aka Chocolate Mousse!)

A one-bowl, totally delicious, always popular, much requested, healthy chocolate mousse alternative. Vegan friendly, gluten free, dairy free – how is that possible you wonder!?

Best ever healthy Chocolate Mousse, that almost tastes too good to be so good for us! It's even more fun to try on your dinner guests - they won't believe it's made with avocados. Don't tell them til they're finished and watch their faces - especially the ones who don't think they like avocados!!

Ingredients:

3 large ripe avocados

1/2 cup [coconut palm sugar](#)

1/2 cup [cacao powder](#) (not cocoa but organic cacao)

1 tspn Vanilla Extract or Vanilla Bean Paste (organic preferred, and not essence but extract)

Additional: Agave or [maple syrup](#) to taste

Optional - almond meal, LSA, favourite liqueur, [hemp seeds](#) (for tasty crunch), or ground [chia seeds](#) (helps thicken)

Serve with a lowfat Organic Greek Yoghurt, or a Vanilla Yoghurt

Method:

Mash avocados roughly first then add cacao and coconut palm sugar.

Blend avocados, palm sugar and cacao powder together until smooth and creamy. If you have no blender, a handheld bamix will work ... or a fork (and a dose of Maqui Berry for your mashing endurance energy!)

Simply keep mashing or blending until all ingredients are combined and mixture is smooth and creamy.

Taste the mixture - add low GI sweetening Agave or Maple syrup to taste, just a little at a time, and blend again between additions.

For a special adult only treat, try mixing in some of your favourite liqueur - I love adding in a measure or two of Sabra (choc/orange) but anything that goes with chocolate will work nicely - Kahlua, Baileys.

To counteract the extra moisture add almond meal or LSA meal or ground Chia Seed for additional nutrition, protein and a nice texture to the soft creamy mousse texture.

Once happy with your mousse version, simply place in the fridge for a couple of hours to cool and flavours to enhance. It's even better the next day - if it lasts that long!!

Either way this is a deliciously health chocolate mousse alternative, and an excellent way of enjoying avocado's mega-omega nutrition, as well as the nutritious minerals from organic cacao powder.

Serve with a generous dollop of organic yoghurt of your choice.



☎ 1300 947 941

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