

# Chocolate Avocado Mousse

Makes: 2 servings Recipe Courtesy of: Chef Dannika Stevenson

## **INGREDIENTS**

2 large ripe avocados

3 tablespoons unsweetened cocoa powder

1/2 cup whole milk

2-3 teaspoons light agave nectar or honey

1 teaspoon vanilla extract

1/8 teaspoon sea salt

**For Toppings (optional):** Whipped honey, fresh strawberries, chocolate shavings

## **INSTRUCTIONS:**

1. Half and cut the avocados, then scoop them into a food processor.
2. Add cocoa powder, whole milk, agave nectar, vanilla extract, and salt.
3. Blend until smooth and creamy, stopping to scrape the bowl as needed.
4. Taste and add more agave nectar for additional sweetness.
5. Spoon into glasses. Enjoy immediately for a mousse-like consistency or refrigerate until well chilled (2 hours or overnight).
6. Serve with favorite toppings.