

Dark Chocolate Avocado Mousse



Recipe:

Dark Chocolate Avocado Mousse

Serves: 2

Serving Size: 1/2 cup

Ingredients:

- 1 medium avocado
- 1/2 cup dark semi sweet chocolate chips
- 1/4 cup sugar
- 1/4 cup cocoa powder, unsweetened
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup raspberries

Instructions:

1. Halve the avocado and scoop the flesh into a food processor or blender
2. Place the chocolate chips in a microwavable bowl, melt for 45 seconds-1 minute
3. Add the sugar, cocoa powder, cinnamon, and vanilla extra to the chocolate and mix until smooth
4. Add the chocolate mixture to the avocado flesh and blend until smooth
5. Scoop the avocado chocolate mousse into glasses or ramekins
6. Refrigerate for at least 30 minutes before serving
7. Add 1-2 raspberries as topping

Nutrition Facts:

Calories 497

Fat (g) 31

Carbohydrate (g) 50

Protein (g) 4.5

Sodium (mg) 20

Percent of Calories

Fat: 56%

Carbohydrate: 40%

Protein: 4%

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG