

Chocolate Avocado Mousse

Adapted from: Erinn Butulis

Prep time: 5 minutes / 3 hours (if soaking cashews)

Cook time: N/A

Total time: 5 minutes / 3 hours

Serves: 4-5



Ingredients

1 large avocado
½ cup soaked cashews (optional)
4 pitted dates
2 tbsp. maple syrup
¼ cup cocoa or cacao powder

water as needed (less than ¼ cup)
1 tsp. chili powder (optional)
2 tsp. cinnamon (optional)
1 pinch cayenne pepper (optional)

Instructions

1. Soak cashews and dates for three hours. (This step is optional, but cashews help fluff up the consistency to a mousse.)
2. Mix all ingredients (except water) into a food processor. Once all ingredients are blended, slowly add water until desired consistency is achieved. Note: You may not use all the water!
3. Spoon into bowls and enjoy!