



## GUILT FREE CHOCOLATE MOUSSE

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Yield: 4-6 servings

### Ingredients

- ❖ 2 tablespoons extra virgin coconut oil (“Spectrum”)
- ❖ 1 oz. pure dark chocolate (“Sunspire Chocolate Chips”)
- ❖ 2 large ripe avocados
- ❖ 2/3 cup raw cacao powder (“Navitas Naturals”)
- ❖ ½ cup coconut nectar (“Coconut Secret”)
- ❖ Splash of coconut milk (as needed to reach desired consistency)
- ❖ 1-tablespoon natural vanilla extract (“Frontier”)
- ❖ Pinch of sea salt



### Procedure:

1. Place a small glass bowl atop a small pot of water about ¼ filled up. Bring water to a boil and let simmer.
2. Melt coconut oil and dark chocolate in the bowl, stirring occasionally. Set aside.
3. Place remaining ingredients in a blender and blend until completely smooth.
4. Add the melted chocolate mixture in and blend well.
5. Pour into small bowls and refrigerate for 3-4 hours until firm or enjoy slightly warm and soft out of the blender.

**Suggestion:** Garnish with fresh strawberries, raspberries, cacao nibs, shredded coconut or toasted nuts.