



Extra-Chocolatey Chocolate Avocado Mousse

Us here at HealthyNow know that many are aspiring to eat healthier these days, and we are not different. But for those that enjoy the occasional decadent treat, this chocolatey treat is actually pretty healthy, thanks to the miracle food avocado. It's also vegan!

Makes: 8 servings, Prep Time: 5 minutes, Cook Time: 5 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

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You'll need:

- 2 ripe avocados, peeled and pitted
- 2 tablespoons coconut cream
- 1 frozen banana
- $\frac{1}{3}$ cup raw cacao
- big pinch of Himalayan pink salt
- 2 teaspoons high-quality vanilla extract
- $\frac{1}{3}$ cup 100% pure maple syrup, organic preferred, or substitute with another frozen banana for no sugar added
- optional: strawberries for serving, organic preferred

To make it:

1. Blend all the ingredients on high in a food processor or high-speed blender until smooth.
2. Top with strawberries or eat it as is
3. The mousse will keep in the refrigerator for up to 4 days, or in the freezer for up to 4 months.

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/recipes!

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