

## Chocolate Avocado Mousse

Yeilds 4 – 6 servings

Need food processor

**2 Large ripe Avocados** ~ blend in food processor till smooth

Add: approx **1/4 cup Maple syrup or honey** ( depending on your sweet tooth)

**1 Tsp Vanilla extract** ~ blend in food processor

Add: approx **1/3 cup Cocoa Powder** ~ blend till smooth, taste add more sweetness or more cocoa if you prefer it more chocolatey

Options: Add some cinnamon, or a different extract

Serve with **Berries, Fruit, Whipping Cream, Wafer cookies, Ginger snaps, or Date Nut Crust**

### Date & Nut Crust

**2 cups Nuts**

(Can be a variety including Coconut, Cashews, Almonds, Walnuts or Pecans are all great)

**1/2 cup softened dates**

**Sprinkling of cinnamon & Salt**

Pulse in food processor until mealy in texture. You can sprinkle on top of mousse or can use as a press in crust into your choice of serving dish/bowl (s)

Options: add some coconut oil, vanilla extract for extra flavour.