



## **Moo-Less Chocolate Mousse**

### **Ingredients:**

2 ripe avocados

2 ripe bananas (use green-tipped/under ripe if on the 21DSD)

1/2 cup unsweetened cacao powder

1/2 cup coconut milk

1/2 teaspoon pure vanilla extract

pinch of cinnamon – optional

pinch of sea salt – optional

1-2 tablespoons maple syrup (\*do not use this if on the 21DSD)

1 tablespoon cacao nibs or grated 100% dark chocolate, for garnish

### **preparation:**

Scoop out the flesh of the avocados into a food processor and add all of the other ingredients except your garnish. Process until well blended and creamy/smooth. You may whisk the ingredients together vigorously as well, if necessary or you don't have a food processor. Serve in individual dishes or bowls. Garnish with with cacao nibs or grated 100% dark chocolate (pictured), toasted hazelnuts, or coconut.

<http://balancedbites.com/content/easy-recipe-dairy-free-chocolate-mousse-pudding/>