Crescent Clearing
Emerge From Your Chaos



Chocolate Avocado mousse

Ingredients:

- 1/2 medium ripe avocado
- 3T unsweetened raw cocoa powder
- 2 1/2T raw honey
- 2 1/2T coconut milk
- Pinch sea salt
- 1/2C fresh raspberries (optional)

Method:

1. Blend all ingredients in a food processor or blender until smooth and creamy.
2. Divide into 4 small shot glasses or prep bowls and chill in the fridge for at least 1 hour.
3. Serve, topped with raspberries and an extra pinch of salt, if desired.

Notes: Use other types of berries for diffenet variations. To make Keto, substitute about 1/4C (to taste) of allulose for the honey.