



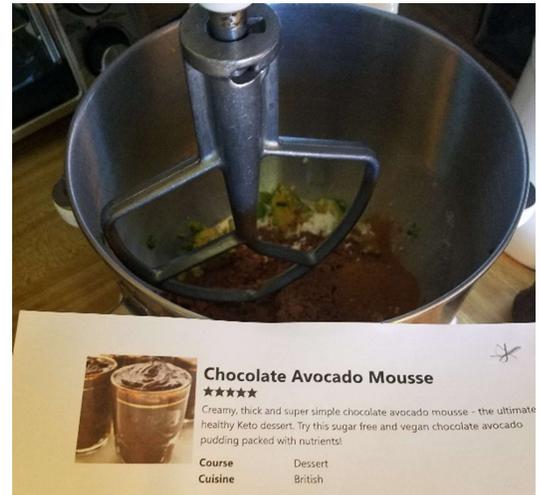
Chocolate Avocado Mousse

★★★★★

Creamy, thick and super simple chocolate avocado mousse - the ultimate healthy Keto dessert. Try this sugar free and vegan chocolate avocado pudding packed with nutrients!

Course Dessert
Cuisine British

Prep Time 5 minutes
Total Time 5 minutes
Servings 6 portions
Calories 157kcal
Author Katrin Nürnberger



Ingredients

- 2 large ripe avocados 350g avocado flesh
- 1/2 cup / 50g cocoa powder unsweetened
- 1/2 cup / 120g coconut cream
- 1/2 cup / 60g powdered sweetener
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- pinch of nutmeg
- pinch of sea salt

Way I made it –

Used ¼ c Almond Milk + ¼ C HWC (heavy whipping cream)
Used Kitchen Aid as Food processor has too many parts to wash!
Served with fresh cut strawberries – YUM!

Instructions

1. Add all ingredients into a food processor and blend until creamy and smooth.
2. Divide between 6 shot glasses or small serving bowls and chill until ready to serve.

Notes

The cinnamon, nutmeg and vanilla extract are not essential, but make the pudding taste better.

Make sure you use really ripe avocados and blend the mousse until it is very smooth.

For a boozy pudding add a tablespoon of Brandy.

You can decorate your chocolate avocado mousse with a spoonful of whipped coconut cream (sweeten it with a bit of powdered sweetener) and berries or grated dark chocolate.

Nutrition

Serving: 80g | Calories: 157kcal | Carbohydrates: 10.5g | Protein: 2.8g | Fat: 14g | Fiber: 6.7g | Sugar: 0.8g



Found at Target