



Chocolate Avocado Mousse

INGREDIENTS

3 avocados
¾ cup cacao
5 T maple
¼ cup coconut oil
1 T chia seeds
1 T vanilla
¼ t sea salt
½ t cinnamon

Cashew cream: 1 cup cashews,
soaked overnight in water,
strained, rinsed
2 T maple
1 T maca
¼ cup coconut oil
Pinch sea salt

Delightful, delicious, simple and sexy! "These are a few of my favorite things!" The best parts of this guilt free dessert are all of the added benefits it brings with it: packed with iron, energy booster, and loaded with vitamins K, C, and E.

Instructions

In a high speed blender or food processor, blend all of the ingredients for the mousse until creamy. For the cashew cream, blend all of the ingredients in a food processor until creamy. Top the mousse with the cashew cream and cacao nibs with some berries.