



SILKY CHOCOLATE MOUSSE

Ingredients:

- 250G DARK CHOCOLATE
- 350G FULL-FAT COCONUT MILK
- 1 TSP VANILLA
- 1/2 CUP MAPLE SYRUP
- 1 MEDIUM RIPE AVOCADO
- PINCH OF SALT

Method

- MELT THE DARK CHOCOLATE WITH THE COCONUT MILK IN A GLASS BOWL, OVER A PAN OF BOILING WATER (LOW SIMMER) STIR UNTIL SMOOTH AND COMBINED.
- WHILST YOUR MIXTURE IS COOLING, CHOP THE AVOCADO INTO BITESIZE CHUNKS.
- ADD THE CHOCOLATE/MILK MIXTURE, AVOCADO CHUNKS, VANILLA, MAPLE SYRUP & A PINCH OF SALT TO A BLENDER AND PULSE UNTIL SILKY SMOOTH.
- DISTRIBUTE IN DISHES AND LEAVE TO COOL IN THE FRIDGE FOR AT LEAST 1 HOUR.

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Nutritional Information

DARK CHOCOLATE - MADE FROM THE SEED OF THE COCOA TREE, IT IS ONE OF THE BEST SOURCES OF ANTIOXIDANTS ON THE PLANET. STUDIES SHOW THAT DARK CHOCOLATE CAN IMPROVE YOUR HEALTH AND LOWER THE RISK OF HEART DISEASE.

COCONUT MILK - FULL OF IMPORTANT NUTRIENTS LIKE MANGANESE AND COPPER WHICH HELP MAINTAIN AND IMPROVE HEART HEALTH.

VANILLA - RICH IN ANTIOXIDANTS TO HELP REPAIR YOUR BODY AT THE MOLECULAR LEVEL. VANILLA HAS ALSO BEEN LINKED TO LESSER RISKS OF VARIOUS DISEASES, SUCH AS CANCER AND DIABETES. IT ALSO HELPS REDUCE THE EFFECTS OF AGEING AND PROMOTE MORE VIBRANT SKIN.

MAPLE SYRUP - A WONDERFUL SUBSTITUTE TO SUGAR. PURE MAPLE SYRUP BOASTS MANY NUTRITIONAL BENEFITS AND CONTAINS UP TO 24 DIFFERENT ANTIOXIDANTS. IT IS RICH IN VITAMINS AND MINERALS SUCH AS MANGANESE, CALCIUM, POTASSIUM, MAGNESIUM, ZINC, COPPER, RIBOFLAVIN, PHOSPHORUS AND IRON.

AVOCADO - A GREAT SOURCE OF VITAMINS C, E, K, AND B-6, AS WELL AS RIBOFLAVIN, NIACIN, FOLATE, PANTOTHENIC ACID, MAGNESIUM, AND POTASSIUM. THEY'RE SO PACKED WITH PRECIOUS MINERALS & VITAMINS THEY'RE WHAT WE CALL A SUPER-FOOD!