

DELICIOUS & NUTRITIOUS

# Avocado Chocolate Mousse

## YOU WILL NEED

### Base:

- 2 avocados
- 1/3 cup cacao powder
- 5 fresh Medjool dates, pitted
- ¼ cup coconut milk
- 1 tsp vanilla extract
- pinch sea salt

## PROCEDURE

- Combine all ingredients in a food processor or high speed blender.
- Blitz until smooth.
- Add to small bowls.
- Optional - top with coconut yoghurt, nuts, berries.



## HEALTHY BIT

Cacao is a great source of magnesium, Magnesium is involved in around 600 bodily functions. It helps with muscle & nerve function, is necessary for absorption of calcium, reduces the risk of stroke & promotes a good night's sleep.

a cut above

**catering**



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