

# Chocolate Avocado Mousse

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1/4 cup

Equipment: food processor, spatula

## Ingredients

2 ripe avocados, pit and skin removed

1/4 cup unsweetened cacao powder

1/4 cup maple syrup

1/4 cup milk

1 teaspoon vanilla extract

Salt

Optional toppings: berries, coconut flakes, nuts, seeds

## Instructions

1. In a food processor, combine all ingredients and process until smooth.



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## Why We Like This Recipe

Chocolate avocado mousse is a delightful and healthy dessert that combines the creamy texture of avocados with the rich flavor of chocolate.

### Chef's Notes:

- Use ripe avocados! This recipe tastes like chocolate pudding. Garnish with fresh berries or roasted nuts and seeds for texture.

### Nutrition Notes:

- This is a nutrient dense, healthy dessert with heart-healthy monounsaturated fats from the avocado and antioxidants from the cacao powder.

### Gardener's Notes:

- The scientific name for the cacao tree, *Theobroma cacao*, translates to "food of the gods." This name was given by the Swedish botanist Carl Linnaeus in the 18th century, reflecting the high value and reverence ancient civilizations like the Mayans and Aztecs had for cacao. They believed it was a divine gift and used cacao beans as currency and in sacred rituals



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