



AVOCADO AND CHOCOLATE MOUSSE

Simple and delicious! Vegan - Gluten free - no sugar - no oil. The ingredients are full of nutritional qualities. Avocado is a fruit rich in beneficial properties. It contains antioxidant substances that help our body fight free radicals and retard aging. A delight to look and goodness for the palate.



INGREDIENTS:

3 medium mature Avocados, Hass quality

120 g bitter cocoa powder Emilia

100 g maple syrup

TO DECORATE

Coconut cream

Berries



Difficulty
EASY



Preparation
75 min



Portions
4

1

In the blender, pour the avocados peeled and cut into pieces, combine maple syrup and cocoa and whisk until obtaining a homogenous cream.

TIP

This mousse is perfect on its own, but it is also well suited as a stuffing for a cake or a vegan tart, and can be enriched with chopped chocolate chips roughly.

2

Pour the mixture into single-time or shorts, cover and cool in the fridge for at least one hour.

3

Decorate with a coconut cream, some red fruit and serve very cold.