



# Chocolate Avocado Mousse

Serves 6

## Ingredients:

- 2 Avocados
- 4 Tablespoons honey
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 4 Tablespoons milk
- small pinch of salt
- berries to top (optional)

## Instructions:

1. Cut Avocado in half and remove pit. Using a spoon, scoop out the flesh, place in serving bowl and mash until smooth.
2. Add honey, coco powder, vanilla, salt and milk. Combine until smooth.
3. Can serve chilled or at room temperature. Top with berries if desired.

Nutrition Information per serving listed on back.

## Nutrition Facts

Serving Size (99g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 13g	
<b>Protein 3g</b>	
Vitamin A 2%   •   Vitamin C 10%	
Calcium 4%   •   Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:   2,000   2,500	
Total Fat	Less than 65g   80g
Saturated Fat	Less than 20g   25g
Cholesterol	Less than 300mg   300mg
Sodium	Less than 2,400mg   2,400mg
Total Carbohydrate	300g   375g
Dietary Fiber	25g   30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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