

Guilt-Free Chocolate Mousse



Yields

2 Servings

Ingredients

2 large avocados

½ cup unsweetened cocoa powder

¼ cup maple syrup (or add 2-3 medjool dates)

¼ cup coconut milk

¼ cup frozen raspberries or strawberries

1 teaspoon vanilla extract

1 teaspoon cinnamon

dash of cayenne pepper

Directions

Add the avocados, cocoa powder, maple syrup, frozen berries, coconut milk, vanilla extract, and cinnamon to a blender or food processor. Blend until smooth. Let it set in the refrigerator for about 15 minutes before serving. Serve with a dash of cayenne pepper on top.