

Secret Chocolate Mousse



This mousse is dairy and egg free and keeps for up to a week in your fridge (if it lasts that long!) It is great for entertaining as you can make it in advance, layer it in tall glasses and greatly impress your guests. Avocado is packed with healthy fats, honey is a great natural sweetener with anti-bacterial properties and cacao is rich in antioxidants. If you have any non-avocado fans you might just avoid telling them what's in it and see if they can figure it out. This recipe has fooled many a dinner party guest of my clients over the years. Enjoy trying it out yourself!

SERVES

4

PREP TIME

10



*It is so simple,
just three ingredients...*

3 large ripe **avocados**

½ cup **honey**

½ cup **cacao** or **cocoa powder**

- 1 Quarter the avocados lengthways and remove the stones. Peel the skins off and place the flesh in a food processor.
- 2 Add the other ingredients and blend until smooth. Check that there are no lumps, scrape down the sides and re-blend just to be sure! Taste test and adjust the flavors by adding more honey, cacao or cocoa as desired.
- 3 Serve in tall glasses layered together with labneh or natural yoghurt and fruit such as banana, kiwifruit, blueberries, raspberries or strawberries.



Go to www.bit.ly/CWLChocolateMousse for a step by step demonstration video.

Note - This recipe is wonderful as a chocolate ganache for cakes, as a dipping sauce or anywhere else you love chocolate.

