Richness

Avocado chocolate mousse

for 4

Ingredients:

- 2 avocados
- 1 dl cocoa (approx. ½ cup)
- 100 g of chocolate (70-85%)
- 1 dl coconut milk (100 g/ ½ cup)
- 2 tsp. honey or natural sweetener

How to:

- Melt the chocolate in a bowl over a pot with some boiling water
- Blend avocado, honey and coconut milk – make sure all the ingredients are room temperature
- Add cocoa and blend again
- Add the melted chocolate and blend again

Serving suggestions:

Serve with fresh blueberries, raspberries or mango on top or a fruit salad on the side.

Tips:

- For a different flavor, add orange peel, lemon peel, lime peel, ginger, liquorish, coffee or mint. Or mix some berries in the mousse.

- For a more adult version, you can add any liquor or e.g. rum, bailey or Kahlua

Recipe from the Danish cookbook *Flow Food* by Tora Zophia Silverhøj (former Susana Mei Silverhøj)
Get it here: [Flow Food - nem økomad på budget](#)