

Chocolate Mousse Recipe

- 1/4 cup raw agave nectar or raw coconut nectar
- 8 pitted medjool dates, soaked briefly to soften
- 1 teaspoon vanilla extract
- 1 1/2 cups mashed ripe avocado (2-3 avocados)
- 3/4 cup unsweetened cocoa or carob powder
- 1/4- 1/2 cups water

Place the dates, raw agave and vanilla in a food processor until smooth. Add the avocado and cocoa powder and mix until creamy. Add the water slowly until the texture is smooth yet still creamy. Enjoy!