

CHOCOLATE MOUSE

Serving 4

INGREDIENTS:

2 big ripe avocados or 4 very small ripe avocados

4 dates, pitted and soaked in water for a minimum of 4 hours if too dry

1/2 cup cacao powder

1/2 cup almond or coconut milk

1/4 cup rice malt syrup or liquid sweetener of your choice

2 tablespoons coconut oil melted

1 tsp vanilla extract

PREPARATIONS:

- 1. Place all the ingredients in a food processor or high-powered blender and process until smooth and creamy.*
- 2. Store the mouse in an airtight container in the fridge.*