



3 Ingredient Avocado Chocolate Mousse

Description

Satisfy your chocolate cravings with this delicious 3 ingredient avocado chocolate mousse!

Prep Time 5 minutes mins

Total Time 5 minutes mins

Course: Dessert

Cuisine: Not Specified

Servings: 1 Serving

Calories: 277 cal

Author: Rosa

Equipment

- Magic Bullet or other small blender

Ingredients

- 1 very ripe banana the skin should be spotted brown
- 1½ ripe avocado
- 1 tablespoon raw unsweetened cocoa powder

Optional Extras

- 1 teaspoon maple syrup
- ½ teaspoon pure vanilla extract
- 1 pinch sea salt
- 1 pinch cinnamon

Instructions

- Add all 3 ingredients to a small blender like a Magic Bullet, or mini food processor. Blend until smooth, adding 1-2 teaspoons of water or non-dairy milk if needed to get things moving.
- Taste for sweetness, and if preferred, add a teaspoon of maple syrup. (If your banana is ripe enough, you should not need added sweetener.)
- Chill for 1 hour (or longer) for a colder treat, or enjoy it immediately.

Notes

- The ripeness of your ingredients will determine if, and how much liquid you need to get things moving. Start blending without any added liquid and add as needed.
- **Make it a frozen chocolate treat** by freezing it for 1 hour before enjoying it.

Nutrition

Calories: 277cal | Carbohydrates: 38g | Protein: 4g | Fat: 16g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Sodium: 9mg | Potassium: 986mg | Fiber: 12g | Sugar: 15g | Vitamin A: 222IU | Vitamin C: 20mg | Calcium: 24mg | Iron: 2mg

Category

1. High Protein Recipes

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rauf