LIGHT & SWEET

Dark Chocolate Avocado Mousse

PREP	COOK	SERVES
15 min	5 min	4

Vegan Vegetarian

A rich, silky vegan chocolate mousse made with ripe avocado and dark chocolate. Nobody will guess the secret.

Ingredients

- 150 g dairy-free dark chocolate (at least 70% cocoa), chopped
- 2 large ripe avocados
- 4 tbsp unsweetened cocoa powder
- 5 tbsp maple syrup
- 100 ml oat milk or other plant milk
- 1 tsp vanilla extract
- A pinch of sea salt

To serve

- Raspberries
- Shaved dark chocolate

Method

1. Melt the chocolate in a heatproof bowl set over a pan of barely simmering water, stirring until smooth. Let it cool for 5 minutes.
2. Scoop the avocado flesh into a food processor and add the cocoa, maple syrup, plant milk, vanilla and salt.
3. Blend until very smooth, scraping down the sides once or twice.
4. Add the melted chocolate and blend again until glossy and completely smooth.
5. Spoon into four glasses or small bowls and chill for at least 1 hour.
6. Top with raspberries and a little shaved chocolate before serving.

Cook's tip

Use avocados that are properly ripe and give slightly when pressed. Under-ripe ones make the mousse grainy. Check that the chocolate is labelled dairy-free.