

Avocado Chocolate Mousse

Ingredients

- 2 ripe avocados
- 3 tbsp unsweetened cocoa powder
- 3 tbsp maple syrup or honey
- 1 tsp vanilla extract
- Pinch of sea salt

Instructions

1. Cut avocados in half, remove seeds, and scoop out the flesh.
2. Place avocado flesh, cocoa powder, maple syrup, vanilla, and salt into a food processor or blender.
3. Blend until smooth and creamy, scraping down sides if needed.
4. Taste and adjust sweetness.
5. Chill in the refrigerator for at least 30 minutes before serving.

Benefits

- Avocado provides vitamin E and healthy fats for skin moisture and elasticity.

- Cocoa is rich in antioxidants that fight free radical damage.
- Maple syrup or honey adds natural sweetness without processed sugar spikes.
- A guilt-free dessert that also nourishes skin!