

# Dark Chocolate Avocado Mousse



## *Recipe:*

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Dark Chocolate Avocado Mousse

Serves: 2

Serving Size: ½ cup

## *Ingredients:*

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- 1 medium avocado
- ½ cup semi-sweet chocolate chips
- ¼ cup sugar
- ¼ cup cocoa powder, unsweetened
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup raspberries

## *Instructions:*

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1. Halve the avocado and scoop the flesh into a food processor or blender.
2. Place the chocolate chips into a microwavable bowl and melt for 45 seconds to 1 minute, stirring frequently.
3. Add the sugar, cocoa powder, cinnamon, and vanilla extract to the melted chocolate and mix until smooth.
4. Add the chocolate mixture to the avocado flesh and blend until smooth.
5. Scoop the avocado chocolate mousse into glasses or ramekins and refrigerate for at least 30 minutes before serving.
6. Add 1-2 raspberries to each individual mousse prior to serving.

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## *Nutrition Facts:*

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Calories 528

Fat (g) 28

Carbohydrate (g) 76

Protein (g) 8

Sodium (mg) 8

### Percent Calories

Fat: 43%

Carbohydrates: 52%

Protein: 5%

Originally submitted by Marisa Mozer, MS, RD, LDN on behalf of the ON DPG  
Nutrient information obtained from USDA Food Composition Database