

# Chocolate Avocado Mousse

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## INGREDIENTS

- 1 avocado, peeled and pitted
- ¼ C. unsweetened cocoa powder
- ½ C. unsweetened vanilla almond milk
- 1 tsp. vanilla extract
- 1/8 tsp. salt
- 3 T. sugar free sweetener, granular
- 1/3 C. heavy cream

## TOPPING (OPTIONAL)

Cinnamon Whipped Cream and/or berries, to taste.

## DIRECTIONS

1. Place all mousse ingredients in blender or food processor; blend on high until smooth. Refrigerate.
2. Serve chilled and topped with cinnamon whipped cream, if desired.

SERVINGS: 2

## TIP

Cinnamon whipped cream topping and berries are not included in nutritional info calculations below.

## NUTRITION INFO

Calories — 292    Fat — 27 g    Protein — 5 g  
Carbs — 14 g    Fiber — 9 g    Net Carbs — 5 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.