

FOR THE SWEET TOOTH!

Chocolate Mousse of the Gods

"I deserve and enjoy pleasure."

♥ INGREDIENTS

- 3 avocados
- ½ cup maple syrup or 1 ¼ cup soft Medjool dates (as an alternative sweetener)
- 1 Tbsp non-alcohol vanilla extract
- 1 ½ Tbsp cold-pressed coconut butter or olive oil
- ¾ cup raw carob powder
- 4 Tbsp cocoa powder
- 1 pint raspberries or sliced strawberries
- Fresh mint leaves

♥ DIRECTIONS

1. In a food processor or Vita Mix, blend avocado's, with sweet ingredients, vanilla and coconut butter or olive oil until smoothie
2. Spoon in carob and cocoa powder and blend until creamy
3. Layer with fresh berries in a wine or martini glass and top with fresh mint leaves
4. This mouse will stay fresh in a sealed container in the fridge for 3-4 days
5. Bless and enjoy the sweetness!

♥ HEALING TIP

This recipe is surprisingly delicious! The avocado's make it really creamy. The chocolate hits the spot when you're craving something sweet.

Notes/Journal



Amanda Moxley
Body and Soul Coach