

Dessert | Snack

Velvety Dark Chocolate Mousse

10 Mins
Prep Time

0 Mins
Cook Time

5
Servings

☰ **257** Calories **12g** Fat **42g** Carbs **3g** Protein



Ingredients

👤 **5 Servings** • **4 Oz** Serving Size ⌚ **10 Mins** Total Time 🚫 **Allergens: None**

2 Large Avocados, very ripe 🍷

½ Cup 60% Dark Chocolate Baking Chips 🍷

½ Cup Dark Cocoa Powder 🍷

½ Cup Honey

1 Tsp Vanilla Extract

½ Tsp Salt

Optional Garnish: ½ Cup Berries, Dark Chocolate Chips, or Toasted Walnuts

Nourishment Note!

🍷 Dark Chocolate



Best consumed in moderation, dark chocolate provides a variety of minerals including iron, magnesium, manganese, and copper. High percentages of dark chocolate (60% and greater) contain antioxidants and polyphenols key to lowering inflammation in the body.

🍷 Avocado



Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.

Instructions

1 Melt Chocolate

Melt dark chocolate chips according to package instructions.

2 Combine Ingredients

Combine all ingredients in a food processor, and blend until thick and creamy.

3 Garnish & Serve

Spoon into serving bowl and top with garnish. Enjoy!

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Cutting Board



Knife



Food Processor



Measuring Cups



Measuring Spoons



Rubber Scraper



Small Serving Bowls

Fatigue Buster

- This recipe can be made in advance. Mousse will stay fresh in the refrigerator for up to 5 days.