



# CHOCOLATE AVOCADO MOUSSE

SERVES 1: 8 OZ

@KICKCRAMPSASS

## INGREDIENTS

- 1 LARGE AVOCADO
- 1/4 CUP UNSWEETENED CACAO POWDER
- 1/4 CUP DATES, DICED
- 3/4 TEASPOON PURE VANILLA EXTRACT
- 1 CUP RASPBERRIES (FOR GARNISH)
- 1/4 TEASPOON CINNAMON

## NUTRITION FACTS

- CALORIES: 525
- TOTAL FAT: 30.2G
- SATURATED FAT: 4.4G
- SODIUM: 43MG
- POTASSIUM: 1737MG
- TOTAL CARBOHYDRATES: 127.4G
- DIETARY FIBER: 29.4G
- SUGARS: 78.24G (NO ADDED SUGAR)
- PROTEIN: 9.95G
- VITAMIN A: 115.2G
- VITAMIN B12: 0
- VITAMIN D: 0
- VITAMIN C: 49G
- CALCIUM: 180G
- IRON: 3.7MG

## PROCEDURE

- 01** PLACE ALL OF THE INGREDIENTS IN THE BLENDER AND PULSE UNTIL YOU HAVE A DECADENT CHOCOLATE MOUSSE.
- 02** TOP THE MOUSSE WITH THE RASPBERRIES OR THE GARNISH OF YOUR CHOICE.
- 03** ENJOY!