



Avocado Chocolate Mousse

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Ingredients

- 1 x flesh of ripe avocado
- 1 heaped tspn x raw cacao powder
- 1/4 tspn x cinnamon
- 1 /2 x juice of an orange
- 1/4 cup x coconut cream
- 1/4 tspn x vanilla essence
- 3 x dates or tspn honey or maple syrup
- Pinch Himalayan salt
- Whey powder for protein. I use 2 x scoops of organic raw cacao professional whey. <https://www.professionalwhey.com.au/>

Method

- Blend all ingredients in a thermomix, bar mix, processor or blender until smooth.
- Alter liquid quantity for desired amount
- Alter sweetener for preferred taste
- Place in the fridge over night to set. I cheat and put mine in the freezer for an hour if I can't wait. hehe.....
- Top with your favourite berries
- Serves 2

Love & Stellar Healing
Cindy