

Chocolate Avocado Mousse

8 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 2 avocados
- 2 Tablespoons honey
- ½ cup cocoa powder
- ¼ cup 1% milk
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

DIRECTIONS

1. Deseed and remove avocado flesh.
2. In a blender, combine avocado, honey, cocoa powder, milk, vanilla, and salt.
3. Blend until creamy.

Nutrition Facts

8 servings per container
Serving size 1/4 cup

Amount per serving
Calories 90

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 4g Added Sugars	8%

Protein 2g

Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 270mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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