

Upcycled Avocado Chocolate Mousse

SERVINGS: 12 total
SERVING SIZE: 2 oz



Ingredients

overripe avocado	3 each
chickpea brine	1 cup
baking cocoa powder	1 cup
pure vanilla extract	2 tbsp
granulated sugar	½ cup

Directions

- Using overripe avocados, peel, remove pits and place in food processor.
- Add chickpea brine, cocoa powder, vanilla extract and sugar. Process until well combined and smooth.
- Serve in a small parfait cup or bowl, add mint sprig garnish. Chill unit ready to serve.

Nutritional per serving:

calories 130 kcal, **fat** 7 gm, **protein** 3 gm, **carbs** 17 g, **fiber** 6 g, **sodium** 30 mg