



## Avocado Chocolate Mousse

### Ingredients

- 2 ripe avocados, pits removed
- 4 tablespoons cocoa powder unsweetened
- 1 tablespoon hemp seeds (optional)
- 1/2 cup almond milk
- 4 tablespoons pure maple syrup
- 1 teaspoon vanilla extract

### Instructions

- In a food processor or blender, combine all ingredients and process until smooth, scraping down the sides as needed. If necessary, add extra almond milk to aid in blending.
- Taste it and determine whether you would want it to have more vanilla, more sweetness (add a splash of maple syrup), or more chocolate taste (add more cocoa powder, one tablespoon at a time). Process till smooth.
- Move to a storage container that is airtight. Keep chilled for up to four days.

Top with your preferred plant-based garnish.