

HEART HEALTHY VALENTINE CHOCOLATE MOUSSE (VEGAN & GF)

Prep. time:	Total time:	Serves:
10 min	20 min	6



Ingredients:

- 4 oz chopped semi-sweet chocolate
- 2 ripe avocados, pitted & peeled
- 3 Tbsp unsweetened cocoa powder
- 1/4 cup almond milk
- 1 tsp vanilla extract
- 1/8 tsp salt
- 2 Tbsp maple syrup
- 1/2 oz shaved dark chocolate (optional)
- heart candy (optional)

This creamy mousse is made from ripe avocados and cocoa powder, providing heart healthy fats and a decadent flavor. This easy, healthy Valentine's Day recipe is a romantic dessert that serves the whole family.

Instructions:

1. Melt the semi-sweet chocolate. You can use the double-boiler method or microwave method

Prepare the Double Boiler:

- Fill a saucepan with about 1-2 inches of water. Make sure the water level is low enough that it won't touch the bottom of the bowl you will place on top.
- Bring the water to a gentle simmer over medium heat.
- Add Chocolate: Place a heatproof bowl (such as glass or metal) on top of the saucepan. The bowl should fit snugly without touching the water.
- Add your chopped chocolate to the bowl. If using chocolate bars, chop them into uniform pieces to ensure even melting.
- Melt the Chocolate: Stir the chocolate frequently as it begins to melt. This helps distribute the heat evenly and prevents scorching. Continue stirring until the chocolate is completely melted and smooth, which should take about 2-3 minutes.

Instructions Cont.

Melt by Microwave

- In a microwave-safe bowl, microwave chocolate on high for 20 seconds. Stir, and continue to microwave at 10-second intervals until melted.
- 2. In a food processor or blender, combine the avocados, cocoa powder, almond milk, vanilla, salt and maple syrup and blend until completely smooth. Add melted chocolate and purée until well blended, scraping sides as needed.
- 3. Spoon the mousse into serving dishes and chill for at least 2 hours. Serve topped with shaved dark chocolate and heart candies, if desired.