

# Chocolate Avocado Mousse

Recipe from Claire Sambolino  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1094 kj	13%
Energy (kcal)	264 kcal	13%
Fat	21 g	30%
<i>of which saturates</i>	9.2 g	46%
Carbohydrate	11 g	4%
<i>of which sugars</i>	9 g	10%
Fibre	4.7 g	19%
Protein	5.1 g	10%
Salt	0.06g	1%

Generated by Nutritics v5.61 on 22nd Jan 2021

### Ingredients (Makes 4-6 portions):

150g dairy-free 75% dark chocolate, plus extra for serving,  
2 large ripe avocados,  
2 tbsp cocoa powder,  
2 tsp vanilla bean paste,  
3 tbsp maple syrup or honey (optional),  
160g can coconut cream

### Optional extras:

½ tsp chilli powder for a spicy version,  
Coconut flakes for serving

### Method:

1. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water.
2. Break the chocolate into the bowl and allow it to melt, then set aside to cool slightly.
3. Halve and destone the avocados, then scoop the flesh into a food processor, discarding the skins.
4. Add the remaining ingredients and pulse for a few seconds. Scrape down the sides with a spatula, then pulse again to combine.
5. Pour in the cooled chocolate, then pulse a final time until creamy and smooth.
6. Divide the mixture between 4-6 small bowls or glasses, then pop in the fridge to chill for at least 30 minutes.
7. Serve with an extra grating of chocolate.

### ALLERGENS



### MODIFY

Switch Coconut cream for coconut or **SOYA** yoghurt as an alternate

### CREDIT

Recipe by: Jamie Oliver  
Photo by: Claire Sambolino