

# Decadent Chocolate Avocado Mousse



**Time:** 1-2 ½ hours (20 minutes prep, refrigerate to set 1-2 ½ hours)

**Serves:** 4-6

**Ingredients:** 6-8 chopped, pitted dates  
3 avocados, pitted and scooped from the skin  
1/3 cup almond milk (or other plant-based milk)  
2 tablespoons maple syrup  
3 tablespoons cocoa powder  
1 can [Organic coconut cream](#)

## Mousse Directions:

1. Combine all the ingredients in a blender and blend until smooth.
2. Pour into 4-6 small bowls or ramekins.
3. Place in the refrigerator for 1-2 hours until set.
4. Top with whipped coconut cream and enjoy!

## Coconut Whipped Cream Directions:

1. Chill a can of coconut cream overnight in the refrigerator to harden (chilling in the freezer doesn't work as well).
2. Scoop hardened coconut cream into a mixing bowl leaving any clear liquid behind.
3. Whip with a hand mixer or stand mixer until light peak forms.
4. Optional: sweeten with stevia to taste.