



## CHOCOLATE MOUSSE

### INGREDIENTS:

3 medium avocados

1 cup pure maple syrup

½ cup raw cacao or cocoa powder

### INSTRUCTIONS:

1. Place ingredients in Vita-Mix or high power blender, and process until smooth
2. Top with coconut or ground nuts, or serve in a macaroon tart crust.
3. Serve immediately or chill and serve.
4. The pudding will keep in the refrigerator for up to two weeks.
5. Freezes well and can be eaten as a pudding popsicle or thawed and enjoyed