

AVOCADO CHOCOLATE MOUSSE



Ingredients

- 100g chocolate (preferably dark as stronger tasting and MUCH healthier)
- 4 tbsp maple syrup, runny honey or Golden Syrup
- 2 tsp vanilla extract
- 5 tbsp of fortified milk (full-fat milk with skimmed milk powder added)
- 2 ½ tbsp sieved cocoa
- 2 large ripe avocados
- ¼ tsp salt

Directions

- Break up 75g of the chocolate and melt gently in a bain marie (Pyrex bowl over a saucepan of boiling water!) or use the microwave. Stir in the syrup, milk, vanilla, cocoa and salt until smooth.
- In a blender whizz the mixture and flesh of the avocados until silky. Makes up to 6 servings. Chill in the fridge for 3 - 12hrs.
- Decorate with shavings from the 25g of chocolate.
- Add a dollop of cream.
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